

10 Top Choking Foods

for children under age 4

The foods pictured below pose a choking hazard to children under age 4. Small, round, firm foods that can slip easily down the throat, those that are stringy or sticky, and those that swell when moist are the most dangerous. You should not serve them to kids in this age group unless you're able to prepare them in a way that lessens their potential to cause choking. Some common-sense advice:



Apples: Always chop apples and other firm fruits into manageable, bite-size pieces, or cook until soft in texture.

thoroughly

Carrots: Raw carrots should be finely shredded, or cooked until mushy to the touch.



Celery: Its stringy quality makes celery hard for young kids to chew and swallow properly. With a peeler, remove the stringy outside layer of the celery stick, and cut it up before serving.

serving.

Grapes: Cut grapes in half before giving them to your child (if they have seeds, remove them). Similarly, cherries should be pitted and chopped before

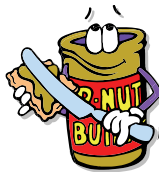


Hot Dogs: One of the most common foods to choke children, hot dogs must be cut up to become safer to eat. Slice lengthwise and then chop into irregularly shaped, bite-size pieces.



Hard Candy: Small sucking candies are dangerous because kids tend to bite them and may accidentally swallow them whole, blocking their airway. ☹️

Peanut Butter: The safest way to prepare peanut butter is to spread a very thin layer on a slice of bread and serve with a beverage. Children under 4 should never eat large clumps of peanut butter from a spoon or a finger.



Nuts: Peanuts (like hot dogs) are a leading cause of childhood choking. But all nuts pose a threat because of their size and shape and therefore should be avoided. ☹️



Raisins: Don't give raisins to kids under age 2. Two to 4-year olds should be served only plump, moist raisins or ones that have been cooked in foods like pudding or bread.



Popcorn: Its size, shape, and sharp, irregular edges make popcorn a prime choking food. ☹️

☹️ - **Keep these foods off-limits for kids under age 4.**