



# Choking Hazards

Children under 4 years old, should not be served foods that are round, hard, small, thick and sticky, smooth, or slippery.

**Guideline for food preparation: Infants – cut foods into pieces no larger than 1/4 inch cube.**

**Toddlers up to age 4 – cut foods into pieces no larger than 1/2 inch cube.**

Examples of Choking Hazards:	Choking Prevention:
<ol style="list-style-type: none"><li>1. Hard raw vegetables and fruits (e.g.: Carrot sticks or apple slices with peelings)</li><li>2. Hot dogs or sausage sliced into rounds</li><li>3. Whole grapes</li><li>4. Uncooked dried fruit (including raisins)</li><li>5. Hard candy, pretzels, chips, peanuts, and popcorn.</li><li>6. Whole nuts, beans, seeds, or grain kernels</li><li>7. Marshmallows</li><li>8. Spoonfuls of peanut butter</li><li>9. Chewing gum</li><li>10. Chunks of meat</li></ol>	<ol style="list-style-type: none"><li>1. Shred hard raw vegetables and fruits before serving.</li><li>2. Slice hot dogs in quarters lengthwise; into thin strips.</li><li>3. Remove pits from grapes, cherries, plums, peaches, and other fruits.</li><li>4. Not appropriate for children 4 years old or younger.</li><li>5. Avoid giving children hard candy, pretzels, peanuts, and popcorn.</li><li>6. Finely chop seeds and nuts.</li><li>7. Not appropriate for children 4 years old or younger.</li><li>8. Spread peanut butter thinly; never serve it directly off of the spoon.</li><li>9. Not appropriate for children 4 years old or younger.</li><li>10. Finely chop meats before serving.</li></ol>

**Source:** *Caring for Our Children National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care* (2nd Ed.), American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health & Safety in Child Care (2002).

*About Feeding Children*, 2002. University of Nevada Cooperative Extension, University of Idaho and University of Colorado Health Sciences Center.

**Additional Resource:** Center for Disease Control and Prevention - National Center for Injury Prevention and Control <http://www.cdc.gov/ncipc/wisquars> (Accessed 3/19/02)

