

CHOKING HAZARDS

These choking hazards apply until the age of 4. These are general recommendations and as suggested you don't need to avoid these foods, just offer them in ways that are safer for young children. Always ensure food is offered when seated to reduce choking risk.

AVOID

TRY THIS INSTEAD

Raw (very hard) fruits/veggies

- Raw apple
- Raw carrots
- Raw celery
- Raw leafy greens

Grate/thinly slice

- Foods like carrots, celery and apples. Offer in very thin slices (not wedges). Poach or steam fruits like hard apples or pears. Thinly shred or cook leafy greens.

Small, round, hard foods

- Grapes
- Cherry tomatoes
- Olives

Quarter lengthwise

- Cut these foods into quarters.

Stick shaped foods

- Hot dog
- Cheese strings/sticks

Cut lengthwise

- Thinly slice lengthwise (slightly thinner than the width of your pinky finger).

Thick/sticky foods

- Thick globs of nut butter
- Marshmallows

Thinly spread

- Nut butters on bread/crackers, or mix into oatmeal or applesauce, etc.

Nuts/seeds/dried fruit

- Whole nuts
- Large seeds (pumpkin, sunflower)
- Popcorn
- Dried fruit

Grind or soak & finely chop

- Grind nuts and large seeds or finely chop and keep a watchful eye. Soak foods like dried apricots or dates. Chia, flax and hemp seeds are ok.

Large pieces of tough meat

- E.g. steak

Cut into 3-5cm pieces

- Large or tough pieces of meat (steak).

WE RECOMMEND AVOIDING

- Hard candy
- Hard chips like nachos/potato chips
- Popcorn
- Gummy bears



THE
BITING
TRUTH

