

Figure 9

## You Can Help Prevent Choking

Babies and young children are at the highest risk of choking on food and remain at high risk until they can chew better. Choking kills

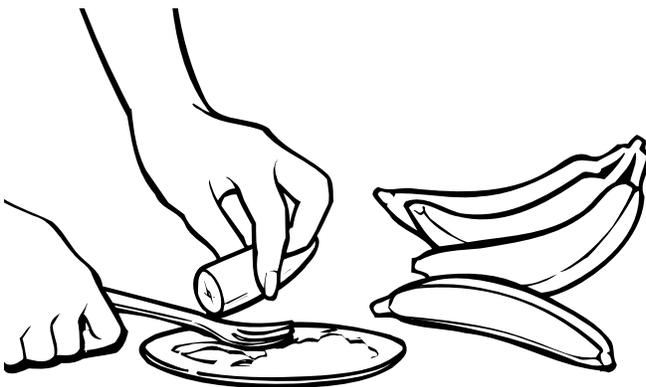
more young children than any other home accident. How can you make eating safer for young children?

### Watch Babies and Children During Meals and Snacks to Make Sure They:

- Sit quietly for all feedings.
- Eat slowly.
- Chew food well before swallowing.
- Eat small portions and only one bite at a time.

### Fix Table Foods So They Are Easy to Chew:

- Grind up tough foods.
- Cut soft food into small pieces or thin slices.
- Cut soft round foods, like cooked carrots, into short strips rather than round pieces.
- Remove all bones from fish, chicken, and meat before cooking.
- Cook food until it is soft.
- Remove seeds and pits from fruit.



### Foods That Can Cause Choking and Should Not be Fed to Babies and Young Children:

*Firm, smooth, or slippery foods that slide down the throat before chewing, such as:*

- hot dogs, sausages, or toddler hot dogs (even when cut in round slices)
- peanuts and other nuts
- hard candy, jelly beans
- whole beans
- whole grapes, berries, cherries, melon balls, or cherry and grape tomatoes
- whole pieces of canned fruit

*Small, dry, or hard foods that are difficult to chew and easy to swallow whole, such as:*

- popcorn
- peanuts, nuts and seeds (like sunflower or pumpkin seeds)
- plain wheat germ
- whole grain kernels (like rice, wheat berries)
- small pieces of raw carrots or other raw or partially cooked hard vegetables or fruits
- pretzels
- cooked or raw whole kernel corn
- potato and corn chips

*Sticky or tough foods that do not break apart easily and are hard to remove from the airway, such as:*

- peanut butter or other nut or seed butters
- raisins and other dried fruit
- tough meat or large chunks of meat
- marshmallows
- chewing gum
- caramels or other chewy candy.