

# CHOKING HAZARDS

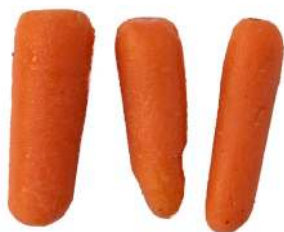
for Kids Under 4

NOT THESE

TRY THESE



Chunks of raw vegetables



Grate or slice thinly



Cherry tomatoes



Grapes



Quarter lengthwise



Seeds



Hot dogs



Thinly spread  
seed butters



Cut into quarters  
lengthwise, then  
bitesize



Nuts



Chunks of nut butters



Thinly spread  
nut butters

## NEVER THESE!



Hard candies



Popcorn



Gum

# CHOKING HAZARDS

for Babies Under 1

NOT THESE

TRY THESE



Peas



Spinach



Raisins



Raw apples



Chips



Smashed or cut  
in half



Cut into strips  
and sautéed



Soaked in hot  
water for 10  
minutes and then  
minced



Peeled and grated,  
or sliced thinly  
then cooked until  
smooshable

## PLUS EVERYTHING ON THE KIDS LIST!

### REMEMBER!

- Stick with foods that can be easily smooshed between two fingers until baby has had some practice and is able to handle harder textures.

-Don't be alarmed by gagging! Know the difference between gagging and choking, and do your best to remain calm when gagging does occur.