

# Food Choking Hazards for Infants and Toddlers

Many foods can be choking hazards for younger children. If your menu includes any food that may be a hazard, consider offering alternatives for infants and toddlers.

## **Foods that may be a choking hazard for infants include:**

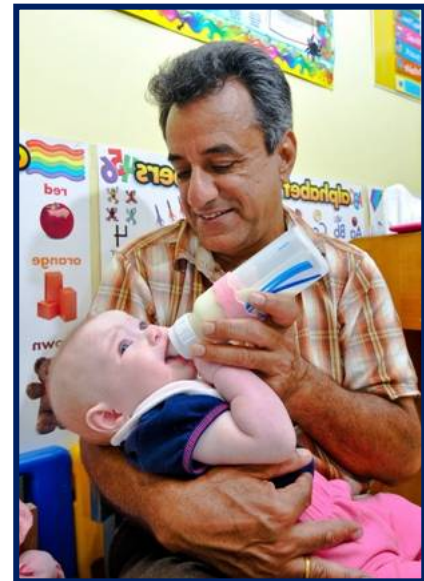
- Rounded, small or slippery foods such as baby carrots, grapes, and raisins
- Firm, but pliable, foods such as hot dogs, sausages, and frozen banana pieces
- Light, dry foods such popcorn, tortilla chips, potato chips, and pretzels
- Foods with tough or dry skins, such as raw apples and carrots
- Chewy, sticky foods (i.e, gum, gummy bears, peanut butter, cheese slices/cubes)
- Stringy foods, like celery or spaghetti
- Food that is tough to chew, like steak or bagels, or other meats with bones

## **Other foods to avoid when feeding younger children include:**

- cherries with pits
- meat chunks
- hard candy, nuts, raisins
- pears, carrots, beans
- whole olives

## **When feeding infants, also consider:**

- Always hold infants when bottle feeding. Propping a bottle can cause tooth decay, ear infections and can be a choking hazard.
- Young infants have not fully developed their swallowing reflex. Infant cereal in a bottle may be difficult to swallow and can be a choking hazard.



Feel free to post or distribute this resource, adapted from the online provider training lesson: "Making Mealtimes Pleasant"

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