

CHOKING HAZARDS

Children under the age of 5 years old are at the greatest risk of choking injuries. To help decrease the risk of choking:

- Never leave child unattended while feeding
- Do not serve food while playing or riding in a car, or allow child to walk around while eating.

The following are some tips for foods that are most likely to pose the risk of a choking hazard:

- Cut hot dogs length wise and then again into quarters
- Grapes should also be peeled and quartered
- Peanut butter should be spread very thin
- Be sure to **avoid** small hard foods such as:
 - nuts
 - popcorn
 - raisins
 - hard candies (lollipops, sourballs, peppermints)
 - carrot sticks
 - celery stalks
 - hard apple pieces

A good rule of thumb adding new crunchy textured foods to your toddler's diet is to cut all pieces no bigger than pea sized.

If you have any further questions, a Reliant Medical Group Nutrition Education Specialist is available to help: call (508 852-6175, or 1 (888) 392-0183