

Foods Associated with Choking

The following foods are **not recommended** for infants because they are associated with choking:

- tough or large chunks of meat
- hot dogs, meat sticks or sausages
- fish with bones
- large chunks of cheese, especially string cheese
- peanuts or other nuts and seeds
- peanut and other nut/seed butters
- whole beans
- cooked or raw whole-kernel corn
- whole uncut cherry or grape tomatoes
- raw vegetable pieces (e.g., carrots, green peas, string beans, celery, etc.)
- hard pieces of partially cooked vegetables
- whole uncut grapes, berries, cherries or melon balls or hard pieces of raw fruit
- whole pieces of canned fruit (cut them up instead)
- fruit pieces with pits or seeds
- uncooked raisins and other dried fruit
- plain wheat germ
- whole grain kernels
- popcorn
- potato/corn chips and similar snack foods
- pretzels
- hard candy, jelly beans, caramels or gum drops/gummy candies
- chewing gum
- marshmallows

Additional Information:

The American Heart Association (www.americanheart.org) American Lung Association (www.lungusa.org), and the American Red Cross (www.redcross.org) all conduct classes and provide training and educational materials on first aid, choking prevention and emergency treatment and cardiopulmonary resuscitation (CPR). Information on classes held locally can be found on their websites.

The American Heart Association has a wall poster entitled “Heartsaver First Aid for the Choking Infant” (#70-2283) appropriate for posting in offices or waiting rooms, with description and illustration of emergency treatment available for purchase by phone 1-800-611-6083 or through their Web site at <http://www.americanheart.org/presenter.jhtml?identifier=3026120>.

The AAP also has a pamphlet on first aid, choking and CPR which can be ordered on their Web site (www.aap.org) or may be available from a local pediatrician.