

List of Possible Choking Hazards

Vegetables and Fruits

- Cooked or raw whole corn kernels
- Uncut cherry or grape tomatoes
- Pieces of hard raw fruit or vegetables
- Whole pieces of canned fruit
- Uncut grapes, berries, cherries, or melon balls
- Uncooked dry fruit such as raisins

Proteins

- Whole or chopped nuts and nut butters such as peanut butter
- Tough or large chunks of meat
- Hot dogs, meat sticks, or sausages
- Fish with bones
- Large chunks of cheese, especially string cheese

Grain Products

- Cookies or granola bars
- Potato or corn chips, pretzels, or similar snack foods
- Crackers or breads with seeds, nut pieces, or whole grain kernels
- Whole kernels of cooked rice, barley, wheat, or other grains

Sweetened Foods

- Hard candy, jelly beans, caramels, gum drops, or gummy candies
- Chewing gum
- Marshmallows