

# Common foods that cause choking in children under age 4

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## Vegetables

- Small pieces of raw vegetable (like raw carrot rounds, baby carrots, string beans, or celery), or other raw, partially cooked vegetables
- Raw green peas
- Cooked or uncooked whole corn kernels
- Large, hard pieces of uncooked dried vegetables

## Fruits

- Apples or other hard pieces of raw fruit, especially those with hard pits or seeds
- Large, hard pieces of uncooked dried fruits
- Whole pieces of canned fruit
- Whole grapes, cherries, berries, melon balls, or cherry and grape tomatoes

## Protein-rich foods

- Tough or large chunks of meat
- Hot dogs, meat sticks, or sausages (even when cut into round slices)
- Fish with bones
- Large chunks of cheese or string cheese
- Peanuts, nuts, or seeds (like sunflower or pumpkin seeds)
- Chunks or spoonfuls of peanut butter or other nut and seed butters
- Whole beans

**Source:** USDA, Food and Nutrition Service. (2019). "Common Foods That Cause Choking in Children Under Age 4." In *Infant Nutrition and Feeding: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. 122, Table 5.1.



# Common foods that cause choking in children under age 4 (continued)

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## Grain products

- Plain wheat germ
- Whole-grain kernels
- Crackers or breads with seeds
- Nut pieces
- Hard pretzels

## Other foods and snacks

- Hard or round candy
- Jelly beans
- Caramels
- Gum drops, gummy candies, or other gooey or sticky candy
- Chewy fruit snacks
- Chewing gum
- Marshmallows
- Popcorn, potato or corn chips, or similar snack foods
- Ice cubes

**Source:** USDA, Food and Nutrition Service. (2019). "Common Foods That Cause Choking in Children Under Age 4." In *Infant Nutrition and Feeding: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. 122, Table 5.1.

