

USDA Choking Prevention Information for children birth – 4 Years

What are some common foods that may cause choking and should not be fed to young children under age 4?

- Whole grapes, cherries, berries, melon balls, or cherry and grape tomatoes (cut in small pieces are fine)
- Whole pieces of canned fruit (cut in small piece are fine)
- Hot dog-shaped foods, including sausages, meat sticks, cheese sticks, or toddler hot dogs (even when cut into round slices) (however cut into strips are fine)
- Peanuts, nuts, seeds
- Whole beans (mashed for children under 2 years are fine)
- Hard or round candy, jelly beans
- Whole-grain kernels (like wheat berries for children under

- Mash or purée