

Reducing Choking Risk

UNDER 3 YEARS OF AGE AVOID

- ✗ Hard food that can break into smaller lumps and pieces
- ✗ Raw carrot, celery and apple
- ✗ Tough or chewy pieces of meat
- ✗ Nuts seeds and popcorn
- ✗ Sausages and hotdogs which should have the skin removed*
- ✗ Hard lollies and corn chips*

*foods not recommended for children as they are discretionary

Other strategies to minimise risk

Children must sit to eat

Always supervise when eating and drinking

Take extra care with certain foods (see below)



AVOID



INCLUDE



Foods pictured: whole nuts, whole grapes, whole cherry tomatoes, raw apple, raw carrot sticks, cooked sausages, popcorn. Not an exhaustive list.

Foods pictured: halved cherry tomatoes, halved grapes, nut paste, steamed carrots, grated apple, shredded chicken. Not an exhaustive list.