BE AWARE
These Foods May Cause Choking in Toddlers

Size

Small, hard pieces of food can get caught in the airway.

- Nuts and seeds

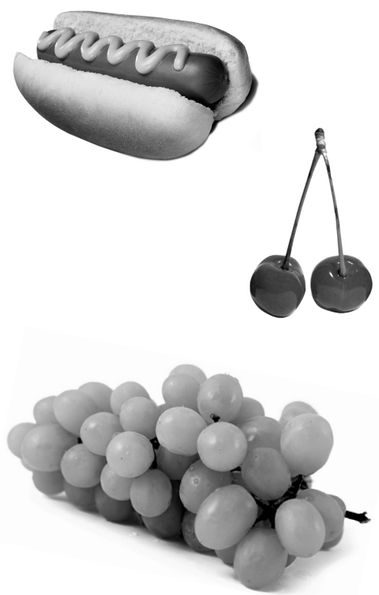
Large pieces of food are difficult to chew.

- Apple slices
- Raw vegetable pieces

Shape

Round or tube shaped foods can completely block the airway.

- Round fruit
- Hot dogs
- Sausage



Texture

Firm, smooth, or slick foods can slide unchewed into the airway.

- Hard candy
- Whole kernel corn

Sticky foods can stick to the roof of the mouth and block the airway.

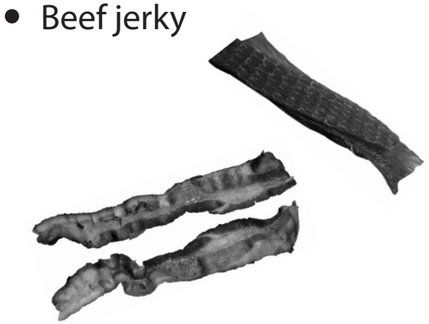
- Marshmallows
- Peanut butter
- Gum

Dry, hard foods are difficult to chew and may be swallowed whole.

- Chips
- Popcorn
- Pretzels

Tough or stringy foods are difficult to chew and may be swallowed whole.

- Chunks of meat
- Bacon
- Beef jerky



Tips to Prevent Choking

- Provide a place for children to sit down while eating.
- Encourage children to chew food thoroughly.
- Watch children closely while they're eating.
- Don't let older children give toddlers food.

Preparing Food for Toddlers

- Cut large food lengthwise into smaller pieces no larger than 1/2 inch.
- Peel fruit and remove pits and seeds.
- Cook hard food, such as vegetables, until soft.
- Grind or mash food.

Washington State Department of Health
DOH 130-080 April 2009

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TYY 1-800-833-6388).

Adapted from material developed by the Child Care Health Program, Public Health – Seattle & King County.
This publication was developed through a review of best practices and interviews with content experts. Sources available upon request.

TENGA CUIDADO
Los niños entre 1 y 3 años se pueden asfixiar con estos alimentos

Tamaño

Trozos de alimentos sólidos y pequeños pueden atraparse en las vías respiratorias.

- Frutos secos y semillas

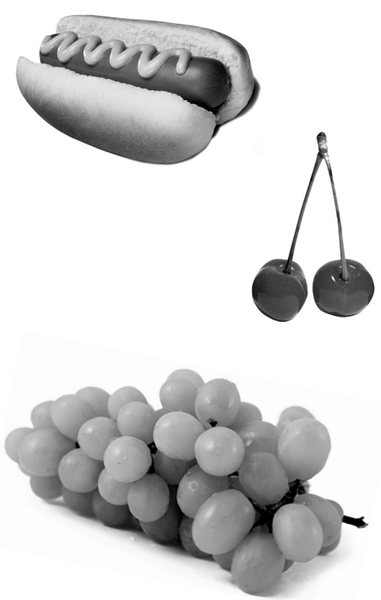
Trozos grandes de alimentos son más difíciles de masticar.

- Rodajas de manzana
- Trozos de verdura crudos

Forma

Los alimentos redondos o con forma tubular tienen más posibilidades de bloquear totalmente la garganta.

- Frutas redondas
- Perros calientes
- Salchichas



Textura

Los alimentos firmes, suaves o lisos pueden irse fácilmente hacia la garganta sin ser masticados.

- Dulces duros
- Grano entero de maíz

Los alimentos duros y secos son difíciles de masticar y es posible tragarlos enteros.

- Papitas fritas
- Palomitas de maíz
- Pretzels

Los alimentos pegajosos pueden adherirse a la parte superior de la cavidad bucal y bloquear las vías respiratorias.

- Malvaviscos ó marsmelos
- Trozos de queso
- Mantequilla de maní
- Chicle ó goma de mascar

Los alimentos duros o fibrosos son difíciles de masticar y es posible tragarlos enteros.

- Trozos de carne
- Tocino
- Carne ceca

Consejos para evitar que se asfixien

- Disponer de un lugar para que los niños se sienten al comer.
- Hacer que los niños mastiquen bien la comida.
- Vigilar atentamente a los niños mientras comen.
- No permitir que los niños más grandes le den comida a los niños pequeños.

Preparación de los alimentos para los niños pequeños

- Cortar los alimentos grandes longitudinalmente en trozos pequeños de no más de ½ pulgada.
- Pelar fruta y extraer las pepas y semillas.
- Cocinar los alimentos duros como los vegetales, hasta que estén tiernos.
- Moler los alimentos o hacer purés.

Washington State Department of Health
DOH 130-080 April 2009 Spanish

Para personas discapacitadas, este documento está disponible a su pedido en otros formatos.
Para hacer su pedido, llame al 1-800-525-0127 (TTY/TDD 1-800-833-6388).

Adaptado del material desarrollado por Child Care Health Program, Public Health – Condado de Seattle y King.
Esta publicación fue desarrollada a través de entrevistas y una revisión profesional. Las fuentes están disponibles a solicitud.

Washington State Department of Health

Dear Colleague,

The Washington State Department of Health (DOH) provides print-ready files (PDFs) of health education materials. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version**. DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.

- **Do not alter**. We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.

- **For quality reproduction**: Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team