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.

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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.

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.

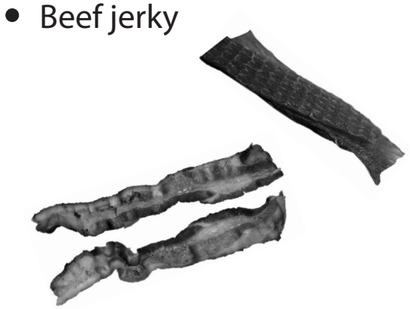
- Marshmallows
- Peanut butter
- Gum

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.

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This publication was developed through a review of best practices and interviews with content experts. Sources available upon request.

Washington State Department of Health

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Sincerely,
Health Education Resource Exchange Web Team

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