

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Tips to Prevent Choking

- **Always** supervise mealtimes. A child who is choking may not be able to make noise or attract attention.
- Be aware if your child is eating in the car.
- Discourage your child from eating while walking or playing.
- Avoid hard-to-chew foods or foods that increase the risk of choking. Some favorite foods can be safely served if prepared properly:
 - Cut hot dogs and link sausage lengthwise and grapes into quarters.
 - Cook or steam carrots and chop corn.
 - Serve peanut butter spread thinly with jelly or fruit sauce. Do not serve it by the spoonful.
- Coughing is a sign a child is removing an object naturally.



Foods That May Cause Choking

- | | |
|---|--------------------------|
| • Whole corn | • Popcorn |
| • Whole grapes | • Raisins, unless cooked |
| • Hot dogs | • Raw apples |
| • Meat chunks, unless finely chopped and combined | • Raw vegetables |
| • Sausage links | • Gumdrops |
| • Nuts, unless chopped fine | • Hard candy |
| • Peanut butter | • Jelly beans |

Notes: