



Foods Not Recommended for Children Under 4 Years of Age

Listed below are food items that are not recommended for children under 4 years of age. The items listed present either a choking or allergy hazard to children in the specified age groups. Some foods such as honey can cause botulism and others such as egg whites, yogurt or peanut butter may cause an allergic reaction. Foods must be cut into small pieces no larger than ¼ inch or thin slices (avoid the size and shape of a marble) that can be easily chewed to avoid choking.

Infants to 12 Months	13 Months to 24 Months	2 year olds	3 year olds
Egg (Yolk & Whites) Yogurt Fish Hot Dogs Chunks of Cheese (cheese should not be given to infants under 8 months) Peanut Butter Chocolate Including: Choc Milk Honey, Maple & Corn Syrup Chips, Hard Pretzels, Nuts, Popcorn Snack Items with Fruit, Nuts or Chocolate (i.e. Granola Bars, Cookies, S'mores etc.) Vegetables (raw carrots & whole canned) Fruits (whole raw or canned, dried, berries, raisins, whole grapes) Whole Kernels; Raw Peas, etc.	Hot Dogs Chips, Hard Pretzels, Nuts, Popcorn Snack Items with Fruit, Nuts or Chocolate (e.g. Granola Bars, Cookies, S'mores etc.) Vegetables (e.g. chunks of raw carrots) Fruits (whole raw, dried, berries, raisins, whole grapes) Whole Kernels; Raw Peas, etc.	Hot Dogs Chips, Hard Pretzels, Nuts, Popcorn Snack Items with Fruit, Nuts or Chocolate (e.g. Granola Bars, Cookies, S'mores etc.) Raw Vegetables (e.g. chunks of raw carrots) Fruits (whole raw, dried, berries, raisins, whole grapes) Whole Kernels; Raw Peas, etc.	Hot Dogs Hard Pretzels, Nuts, Popcorn Whole Grapes Raw Peas Raw Vegetables (e.g. chunks of raw carrots)

Food Preparation to lower the risk of choking: Remove all bones from poultry, meat and fish before serving. Do not feed infants or young children pieces of food that are the size and shape of a marble. Modify all foods to make them safer to eat by cooking, cutting, grinding, mashing, or moisten meats, fresh fruits and vegetables. Substitute foods that may cause choking with a safe substitute (i.e. soft cooked vegetables, potatoes, etc).

This is not an all-inclusive list of foods not recommended for children ages 4 and under

Adapted from *Foods Not Recommended for Children Under 4 Years of Age* by Encompass Early Education and Care, Inc.