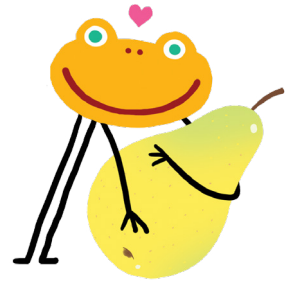


How to decrease the risks of choking and food poisoning

Not all foods are suitable for little ones.
Here's how to offer these foods to lower their risk.



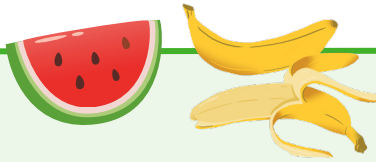
Small children are more at risk of choking until they are 4 years old. To reduce those risks, it's important to:

- Watch your child carefully while they are eating.
- Offer foods only when Baby is calm and properly seated in a chair. Baby should not walk or run while eating.
- Limit distractions.
- Avoid offering foods when traveling by car.
- Store foods that are not age appropriate and potential choking hazards out of reach.
- Take first aid classes to know what to do in case Baby chokes.

Fruits and vegetables

Fruits

- Wash under running water
 - › Using a brush, scrub fruits that have a thick skin (like watermelon)
- Remove the skins, seeds and pits
- Fruit should be soft (e.g. banana), grated (e.g. apple), cut in small pieces (e.g. melon), pureed or cooked until soft
 - › Pineapple must be cut very small to break the fibres



Vegetables

- Wash under running water
 - › With a brush, scrub vegetables that have a thick skin (like carrots and potatoes)
- Cook hard and crunchy vegetables until soft
 - › Celery must be cut very small to break the fibres
- Chop leafy vegetables like spinach and cabbage before adding them to a recipe



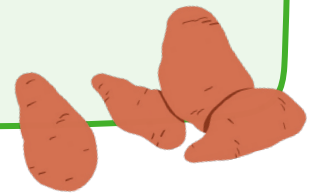
Dried fruits

- Chop and add to recipes that will be cooked



Vegetable shoots and sprouts

- Cook thoroughly
 - › E.g. alfalfa sprouts, radish sprouts, lentil sprouts, clover sprouts, bean sprouts



Turn the page to learn more!



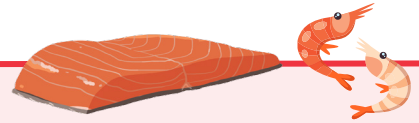
Protein foods

Meat and poultry



- Cook thoroughly
 - › See our article on safe cooking temperatures: [foundationolo.ca/cookingtemperature](https://www.foundationolo.ca/cookingtemperature)
- Remove bones

Fish and seafood



- Avoid fresh and frozen tuna, canned pale tuna, shark, swordfish, marlin, orange roughy, snoek, large-mouth bass, pike, pickerel, musky and lake trout, because they all have a high mercury content
- Cook thoroughly
 - › Avoid smoked fish and seafood
 - › See our article on safe cooking temperatures: [foundationolo.ca/cookingtemperature](https://www.foundationolo.ca/cookingtemperature)
- Remove bones

Nuts and peanuts



- Use ground (powdered) nuts and peanuts

OR

- Choose creamy nut butters
- Spread a thin layer on a salt-free cracker or on toast, for example

Eggs



- Cook thoroughly
 - › The yolk should be hard
- OU
- Use pasteurized liquid eggs for recipes that don't involve cooking

Cow's milk



- Offer pasteurized milk with 3.25% MF

Chickpeas and beans

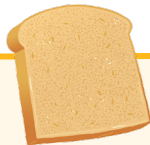
- Crush



Grain products

Bread

- Toast



Round foods

- Cut into quarters or slice lengthwise
 - › E.g. grapes, cherry tomatoes, sausage, cheese strings (e.g. Ficello)



Other foods and beverages

Fruit juice

- Fruit juices are not recommended. If offered, choose pasteurized juice



Avoid:

- Honey, until Baby is 1 year old.
- Hard, small, round or smooth and sticky foods, e.g., popcorn, hard candy, cough drops, jujubes, chewing gum, ice cubes, and foods served on skewers or toothpicks, until Baby is 4 years old.

