



CHOKING HAZARDS

Approximate ages at which children can eat specified foods have been indicated below. Keep in mind that young children should eat sitting down and with adult supervision.

The following foods are choking hazards for children ages 6 and under:

peanuts
other nuts
Goobers
hard round candy such as sour balls
gumballs

The following candies are choking hazards for children ages 4 and under when served whole (* those marked with an asterisk can be eaten by children ages 3 and up when broken into small, non-round pieces):

- * gumdrops, big
- * gumdrops, small
- * nonpareils
caramels
- * marshmallows, large
- * marshmallows, small
- * marshmallows, soft peanut
Gummy bears
Gummy rings
other Gummy shapes
- * M&Ms
Skittles
Mike & Ike's
licorice, all types
- * candy corn
- * Raisinets
- * gumdrop fruit slices
- * Starlight mints
- * jelly beans, large and small
cinnamon red hots
Lifesavers
Tootsie Rolls
- * Hershey's Kisses

The following candies are **not** considered choking hazards for children under 4:

Chocolate candy (in small, non-rounded pieces that can melt in the mouth without chewing)
Sour straws, powder
Cotton candy