

## Choking Risks

These foods are not recommended for children under 4 years of age.

### Vegetable Group

- Some raw vegetables such as carrots and celery

### Fruit Group

- Some raw fruits such as apples, cherries
- Whole grapes
- Cherry tomatoes

### Meat/Protein Group

- Hot dogs
- Chunks of meat
- Nuts
- Beans
- Spoonfuls of peanut butter

### Sweets, etc.

- Hard candies
- Gummy candies
- Whole olives