

## high risk choking foods



! **Hard foods**  
boiled sweets, nuts



! **Crumbly foods**  
biscuits, pie crust,  
wheaten bread



! **Pips, seeds, pith/  
inside skin, skins  
or outer shells**  
peas, grapes, fruit skins or  
husks like sweetcorn



! **Tough or chewy  
foods**  
steak, bacon, harder  
vegetables



! **Skin, bone or gristle**



! **Crispy or  
crunchy food**  
crisps, flaky pastry



! **Sticky foods**  
some cheeses,  
marshmallows



! **Mixing solid food  
with liquid**  
hard cereal, fruit salad with juice  
and soups with food pieces



! **Juicy food  
where the juice  
separates off in  
the mouth**  
melon



! **Floppy foods**  
lettuce, thinly sliced  
cucumber, spinach



! **Stringy or  
fibrous foods**  
pineapple

! **Dry foods**  
crackers, cake,  
bread



! **Round or long shaped  
foods**  
sausages, grapes, sweets. Hard  
chunks like pieces of apple

