

# choking awareness !

## high risk choking foods



! **Hard foods**  
boiled sweets, nuts



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



! **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 shape foods**  
sausages, grapes, sweets. Hard chunks like pieces of apple

