



## **Foods That Are A Danger for Children Under Four Years of Age**

Foods that are round, hard, small, thick and sticky, smooth, or slippery should not be offered to children less than four years of age. For example:

**Hot dogs, sliced into rounds**  
**Whole grapes (you can cut them in half)**  
**Hard candy**  
**Nuts**  
**Seeds**  
**Raw peas**  
**Dried fruit**  
**Pretzels**  
**Chips**  
**Peanuts**  
**Popcorn**  
**Marshmallows**  
**Spoonful of peanut butter**  
**Chunks of meat larger than can be swallowed whole**

It is further recommended that foods for infants should be cut up into small pieces no larger than  $\frac{1}{4}$  inch cubes. Food for toddlers should be cut up in small pieces no larger than  $\frac{1}{2}$  inch cubes.

*Small objects, toys and toy parts available to infants and toddlers, shall meet the Federal Small Parts Standards for toys. Toys or objects that have diameters of less than  $1\frac{1}{4}$  inch, toys with sharp points and edges, plastic bags, and Styrofoam objects shall not be accessible to children under four years of age.*

Items such as the following should be removed from the environment of infants and toddlers:

**Coins**  
**Rubber Balloons**  
**Safety pins**  
**Marbles**  
**Beads**