

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

