

Know More About Choking Risk of Food

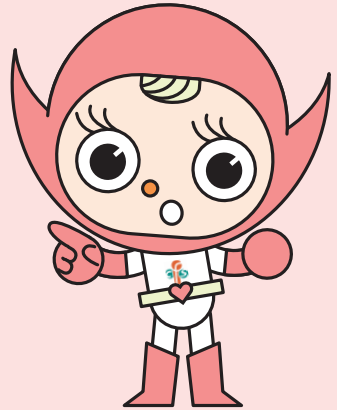
Advice for Parents and Caregivers



Understanding Choking Risk of Food in Infants and Young Children

Food can pose a choking risk in infants and young children, especially if they do not chew it well or try to swallow it whole. Choking can happen with any food, but it is more likely to happen with firm foods that contain bones or other hard substances, and foods that are small and round which can easily get stuck in the throat.

To reduce choking risk of foods in infants and young children, parents and caregivers should practice good eating habits with them together and take extra caution with their food choices.



To help prevent choking, avoid serving foods that are difficult to chew and easy to swallow whole. For example:

Foods that are small and do not dissolve easily



**Konjac jellies
in mini cup**

Small round / oval foods



**Grapes, Beef balls,
Fish balls**

Small hard foods



**Hard candy, Nuts, Peanuts,
Melon seeds**

**Hard-to-chew,
compressible foods**



**Glutinous rice cakes,
Chewing gums, Marshmallows**

**Foods that contain
small bones**



Chicken, Fish, Ribs

Thick pastes

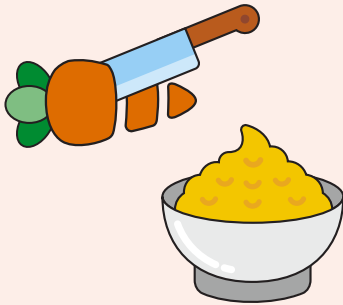


Peanut butter

Good Eating Habits

Be aware of the size and texture of the food

Cut food into small pieces or soften hard vegetables by cooking



Maintain a good eating posture

Maintain a proper eating posture, ensure that the child sits upright in a chair while eating, and avoid walking, talking or playing during meals



Supervise the entire eating process

Be aware of the early signs of choking and intervene promptly



Teach to chew slowly and swallow carefully

Encourage infants and children to chew thoroughly, swallow slowly, and avoid eating too quickly



Upon Emergency

Parent and caregivers should also know what to do if an infant or child is choking. The Primary Healthcare Office of the Health Bureau has published ***an advice on basic handling of choking in children*** (available in Chinese only). Scan the QR code for details.

In case of life-threatening emergency, please dial 999 for immediate medical assistance.

