



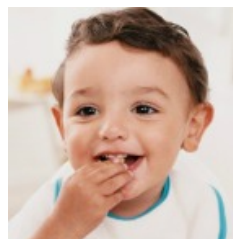
Healthy Children (/English) > Ages & Stages (<https://www.healthychildren.org/English/ages-stages>) > Toddler (<https://www.healthychildren.org/English/ages-stages/toddler>) > Nutrition (<https://www.healthychildren.org/English/ages-stages/toddler/nutrition>) > Unsafe Foods for Toddlers

AGES & STAGES

Unsafe Foods for Toddlers

The following are examples of unsafe foods for toddlers (</english/ages-stages/toddler/Pages/default.aspx>).

- Hot dogs (unless cut in quarters lengthwise before being sliced)
- Hard candies, including jelly beans
- Nuts
- Chunks of peanut butter (Peanut butter may be spread thinly on bread or a cracker—but never give chunks of peanut butter to a toddler.)
- Popcorn
- Raw carrots, celery, green beans
- Seeds (such as processed pumpkin or sunflower seeds)
- Whole grapes, cherry tomatoes (Cut them in quarters.)
- Large chunks of any food such as meat, potatoes, or raw vegetables and fruits



Last Updated 11/21/2015

Source Nutrition: What Every Parent Needs to Know (Copyright © American Academy of Pediatrics 2011)

The information contained on this Web site should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

Contact Us (<https://www.healthychildren.org/english/pages/contact-us.aspx>)

About Us (<https://www.healthychildren.org/english/pages/about-aap.aspx>)

Privacy Policy (<https://www.healthychildren.org/english/pages/privacy-policy.aspx>)

Terms of Use (<https://www.healthychildren.org/english/pages/terms-of-use.aspx>)

Editorial Policy (<https://www.healthychildren.org/English/Pages/Editorial-Policy.aspx>)

