

High Risk Foods

choking awareness !



Type	Example	Picture	
Stringy, fibrous texture	including pineapple, runner beans, celery, lettuce		
Vegetable/fruit skins	beans (e.g. broad, baked, soya, black eye), peas, grapes		
Mixed consistency foods	cereal which does not blend with milk, (e.g. muesli), mince & thin gravy, soup with lumps,		
Crunchy foods	toast, flaky pastry, dry biscuits, crisps		
Crumbly items	bread crusts, pie crusts, crumble, dry biscuits		
Hard foods	boiled and chewy sweets and toffees, nuts and seeds		

Husks	sweetcorn and granary bread	 
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