TODDLER SNACKS AND MEALS

Cut It Right: Safe Prep Chart

Simple ways to prepare common foods for toddlers, based on CDC choking guidance.

1. **Grapes, berries, cherries**
   Quarter lengthwise or smash. Never serve whole.
2. **Cherry tomatoes**
   Quarter lengthwise.
3. **Raw carrots and apples**
   Grate, or cook until soft. No raw sticks or chunks.
4. **Melon**
   Cut thin and small. No melon balls.
5. **Cheese**
   Shred or slice thin. No large chunks, no string cheese.
6. **Hot dogs, sausages, meat sticks**
   Skip for now.
7. **Nuts and seeds**
   Skip whole or chopped nuts and seeds.
8. **Nut butter**
   Thin spread only. Never a spoonful or chunk.
9. **Beans and chickpeas**
   Mash or smash. Never whole.
10. **Popcorn, chips, pretzels**
    Skip for now.
11. **Marshmallows, hard or chewy candy**
    Skip for now.
12. **Raisins and dried fruit**
    Skip for now.

Every meal: sit up, stay seated, watch closely. No eating in the car or stroller.

Source: CDC choking hazards guidance. Ask your pediatrician what's right for your child.

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