On April 19, 2012, the Southeast Regional Office of the USDA Food and Nutrition Service released the following statement regarding choking hazards:

Recently, we have received several inquiries concerning raisins being considered as a choking hazard for young children and wanted to provide an update as to FNS’s position on this issue. American Academy of Pediatrics (AAP) recently released guidance listing foods that pose as a choking hazard for young children and raisins are not included on this list. The rationale is that raisins have ridges and little air-pockets where oxygen can get through into the airway if one accidently get lodged in a child’s throat; if stuck, a raisin will not form a full seal across the airway. Although the USDA “Feeding Infants Guide” is cited as guidance that includes raisins as a food that could pose a choking hazard for young children, this information will be updated in compliance with the AAP policy with the issuance of the forthcoming Nutrition and Wellness Guidance for CACFP.

Here are recent (2012) information sheets on the AAP website – where raisins are included as a food to eat and NOT included in the choking hazards.

- [www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx](http://www.healthychildren.org/English/ages-stages/toddler/nutrition/Pages/Selecting-Snacks-for-Toddlers.aspx)
- [www.healthychildren.org/English/healthy-living/nutrition/Pages/The-5-Food-Groups-Sample-Choices.aspx](http://www.healthychildren.org/English/healthy-living/nutrition/Pages/The-5-Food-Groups-Sample-Choices.aspx)

The AAP site also says the following for each age group:

- AAP – raisins OK for **toddlers/preschoolers**: [www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Constipation.aspx](http://www.healthychildren.org/English/health-issues/conditions/abdominal/Pages/Constipation.aspx)