



[Healthy Children](#) > [Ages & Stages](#) > [Toddler](#) > [Nutrition](#) > Unsafe Foods for Toddlers

## Ages & Stages

Like 4

### Unsafe Foods for Toddlers

The following are examples of unsafe foods for **toddlers**.

- 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** 12/28/2011

**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.

[topic landing page](#)