

# Peanut Butter Safety

Peanut butter is a quick and tasty source of nutrition, but there are potential risks when eating peanut butter. A clump of peanut butter stuck in the throat is extremely difficult to remove. A combination of peanut butter and a piece of cracker or partially chewed bread can form a plug that can block a person's airway and cause a person to choke.

Here are some ways to enjoy peanut butter safely:

- Peanut butter should be spread on the bread in a thin layer, 1-1 ½ teaspoons for one slice of bread, no more than 1 tablespoon for two slices.
- Drink before and while eating peanut butter to add moisture to the mouth and make it more difficult for the peanut butter to stick.
- Take small bits, about the size of a quarter. Each bite must be chewed completely and swallowed before taking the next one.
- Sips of fluid between bites help to clear the mouth and throat of any peanut butter that may be sticking.
- Staff should monitor the pace of eating of individuals who are known to be at risk for choking or stuffing food, to make sure they are not putting too much in their mouths or rushing.
- Every individual should be assessed for risk of choking routinely and whenever there are known eating problems.
- Follow prescribed diets and promptly communicate diet changes to the individual, family and to staff who prepare and assist with meals.