From the United States Department of Agriculture Website

"Be Aware of Choking Hazards When Selecting and Serving Foods"

Foods that may cause choking in young children
Keep in mind that young children especially ages 2 to 3 years are at risk of choking on food. They remain at risk until they can chew and swallow better by age 4.

Always supervise children during meals and snacks.

Foods that may cause choking and should be avoided before 4 years include:

- Hot dogs
- Nuts
- Seeds
- Raw carrots
- Raisins and yogurt covered raisins
- Fruit roll up
- Chunks of meat
- Peanut butter (spoonfuls at a time)
- Whole grapes
- Marshmallows
- Round or hard candy
- Chips
- Popcorn
- Pretzels
- Raw celery
- Cherries with pits
- Large pieces of fruit with skin

Some foods can be offered if you change the form.
For example:

- Cut hot dogs lengthwise into thin strips
- Steam carrots or celery until slightly soft, and then cut into sticks
- Cut grapes or cherries (remove pits) into small pieces
- Cut large pieces of meat or fruit into smaller pieces