

## **Risk of asphyxia in toddlers through the consumption of nuts - BfR recommends product label for consumers**

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Packaging of small toys or of toys containing small parts must carry a warning label informing consumers that toddlers can swallow the toy or parts of it with a risk to enter the airways, which can lead to asphyxia. Similarly, nuts, especially peanuts can easily enter the trachea and lower parts of the airways due to their shape and oily surface. Recent data reveal that nuts even pose a significantly higher risk than toy parts. However, while it is compulsory that toys carry warning labels, nuts are not subject to an obligation to label, warning parents of the danger of asphyxia through nuts.

Incidents of swallowed objects are recorded as “poisonings” in German poison information centres. While such aspiration incidents are not yet documented systematically, the numbers known to the German Society of Pediatric Pneumology do reveal a tendency. According to these, nuts cause a visibly higher portion of these incidents than toys.

In order to warn parents, educators and others involved in child care of the danger of possible asphyxia through swallowed nuts, BfR recommends a verify of product labels for consumers on packaging of nuts.

The full version of the BfR Information in German is available on  
[http://www.bfr.bund.de/cm/208/risiko\\_erstickungstod\\_bei\\_kleinkindern\\_durch\\_nuesse.pdf](http://www.bfr.bund.de/cm/208/risiko_erstickungstod_bei_kleinkindern_durch_nuesse.pdf)