

Fish Allergy

Do not eat fish or foods that have fish*.

Read the food label and do not eat any foods that have fish. These words found on food labels show that a product has fish:

- Anchovy
- Bass
- Bouillabaisse
- Butterfish
- Cod
- Carp
- Catfish
- Caponata
- Cioppino
- Fish stock, sauce, and oil
- Flounder
- Fumet
- Grouper
- Halibut
- Herring
- Lox
- Mackerel
- Milkfish
- Mahi-mahi
- Orange Roughy
- Pollock
- Panfish
- Redfish
- Snapper
- Sardine
- Salmon
- Sole
- Surimi
- Swordfish
- Tilapia
- Trout
- Tuna
- Whitefish

*Check with your allergy doctor to see if all fish need to be skipped.

Label Reading Hint: Food manufacturers must write the type of fish on the food label. Such as: FISH (COD, TUNA, HALIBUT).

Know that many foods have or might have fish:

- Asian cuisine
- Barbeque sauce made with Worcestershire sauce
- Bouillabaisse (stew with fish and/or shellfish)
- Caesar dressing or sauces for Asian dishes
- Cuttlefish ink (comes from squid)
- Fish gelatin
- Seafood flavoring
- Surimi
- Sushi
- Worcestershire sauce (often has anchovies)

Helpful Hints:

- Imitation crabmeat is made from fish.
- Gelatin can be made from fish.
- Fish protein can get into the air from the steam released during cooking. Stay away from cooking areas when fish is being made.
- Cross-contamination is when fish or shellfish is fried or grilled on the same cooking area as other foods. Be careful when ordering fried or grilled foods at restaurants that also serve fish or shellfish.
- Unless you also have an allergy to shellfish, people with an allergy to fish can often eat shellfish without a reaction and many people with a shellfish allergy can eat fish. But, the risk of contamination can be high, mainly at places that sell and serve seafood.
- It is rare to react to a fish oil supplement, but it is always better to check with your dietitian to decide which one is safe to use. Since algae oil does not have fish, it can be used instead. Vitamin D may also come from fish oil.

Author: Allergy | Approved by Patient Education Committee | Valid through 2023

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