



From: www.cofargroup.org

FISH AVOIDANCE

It is important to read all ingredient labels to identify foods that contain fish. All manufactured food products that contain fish as an ingredient are required by US law to **list the specific fish on the product label.**

Avoid foods that contain any of these ingredients:

FISH

| | |
|-----------|-----------|
| Anchovies | Pike |
| Bass | Pollock |
| Catfish | Salmon |
| Cod | Scrod |
| Flounder | Swordfish |
| Grouper | Sole |
| Haddock | Snapper |
| Hake | Tilapia |
| Herring | Trout |
| Mahi Mahi | Tuna |
| Perch | |

Foods that often contain fish:

- Worcestershire sauce, Caesar salad and Caesar salad dressing usually contain fish (anchovies) ingredients. Caponata, a Sicilian eggplant relish, may contain anchovies.
- Surimi, an artificial crabmeat (also known as “Sea legs” or “Sea sticks”), is made from fish.

Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with fish. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separate from those made with fish. Avoid cross contact by washing everything well with soap and water.
- Seafood restaurants are considered high risk due to the risk of cross contact even if a non-fish item is ordered.
- Ethnic restaurants (such as Chinese, Indonesian, Thai and Vietnamese) are considered high risk for people with fish allergy due to the common use of fish and fish ingredients and the risk of cross contact, even if a non-fish item is ordered.
- Some sensitive individuals may react to cooking odors of fish or from handling fish.
- Fish may be found in cosmetics, medicines, nutrition supplements (for example omega 3 fatty acids supplements) and pet foods.

Usually safe:

- Carrageen is a marine algae, not a fish.

Read all product labels carefully before buying and consuming any item.

RESOURCES

-This program has additional information sheets that you may find helpful
-Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org)

© Consortium of Food Allergy Research NIAID Grant U19 AI 066738. Last updated: 1-14.

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