

Guidelines for Managing Food Allergies

Fish Allergies

Remember to **ALWAYS** read food labels carefully and watch for **hidden allergens**. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to fish:** (This is not an exhaustive list.)

Anchovies

Bass

Catfish

Cod

Flounder

Grouper

Haddock

Hake

Halibut

Herring

Mahi-Mahi

Perch

Pike

Pollock

Salmon

Scrod

Swordfish

Sole

Snapper

Tilapia

Trout

Tuna

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Some Unexpected Sources of Fish:

Barbecue sauce
Caesar salad and Caesar dressing
Bouillabaisse
Meatloaf
Caponata (eggplant relish)
Worcestershire sauce
Imitation or artificial fish or shellfish (surimi, also known as “sea legs” or “sea sticks”) is made from fish

Alternative food sources that provide important nutrients if avoiding fish protein:

Protein: meats, poultry, dairy products, dried beans, nut butters

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