



Dietary Guide - Fish Allergy

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Avoiding fish is essential for people with confirmed fish allergy. People allergic to fish should read all food labels and choose foods that don't have fish in them.

The following foods and ingredients are common types of fish and should be avoided:

| | | |
|------------|--------------------------------|-----------|
| Anchovies | Haddock | Sardines |
| Barramundi | Hake | Shark |
| Bream | Halibut | Snapper |
| Cod | Mackerel | Sole |
| Eel | Orange Roughy (deep sea perch) | Trout |
| Flake | Perch | Tuna |
| Flathead | Pike | Whiting |
| Flounder | Pilchards | Whitebait |
| Garfish | Salmon | |

This is not an exhaustive list. Some people with fish allergy react to many different species of fish and others can tolerate a few. The decision to try types of fish should be made by a clinical immunology/allergy specialist.

Check labels on the following foods to see if they contain fish and if they do, avoid them:

| | | |
|----------------------------------|-------------------------------|---|
| Antipasto | Fish stock | Products fortified with omega-3 fatty acids |
| Asian dishes (fish/oyster sauce) | Fish gelatin | Salad dressings (anchovies) |
| Bouillabaisse | Greek dishes | Sashimi |
| Caesar salad (anchovies) | Marinara or Pescatore sauce | Soups |
| Canned spreads (fish paste) | Oyster sauce | Surimi |
| Dips | Pasta sauces (anchovies/fish) | Sushi |
| Fish sauce | Pizza sauce (anchovies) | Worcestershire sauce (anchovies) |

If a clinical immunology/allergy specialist has recommended to avoid shellfish, refer to the ASCIA shellfish allergy dietary avoidance information sheet.

Food purchased from fish and chip shops may be cooked in oil contaminated by fish.

Isinglass used for fining some wine (derived from fish bladder collagen) is considered to pose a very low risk of triggering allergic reactions. Discuss this with your clinical immunology/allergy specialist if you are concerned.

People with iodine x-ray contrast allergy are not considered to be at higher risk of seafood allergy, and individuals with seafood allergy are not considered to be at higher risk of iodine x-ray contrast allergy.

While the risk of allergic reactions to fish oils is considered to be very low in people that are allergic to fish (due to the method of purification), people with fish allergy should seek medical advice before consuming fish oil, including fish oil capsules. Other safe sources of omega-3 fatty acids include evening primrose oil and flaxseed oil.

The food lists included in this document are not exhaustive. People with food allergy should always check foods labels each time products are purchased.

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