

Dietary avoidance – fish allergy

Fish allergy is equally common in adults and children. Avoiding fish is essential for individuals with confirmed fish allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods.

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

This is not an exhaustive list. Some individuals 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 your allergy specialist.

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

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
Asian dishes (fish/oyster	Fish gelatin	3 fatty acids
sauce)	Greek dishes	Salad dressings (anchovies)
Bouillabaisse	Marinara or Pescatore sauce	Soups
Caesar salad (anchovies)	Oyster sauce	Surimi
Canned spreads (fish paste)	Pasta sauces (anchovies/fish)	Sushi
Dips	Pizza sauce (anchovies)	Worcestershire sauce
Fish sauce		

Note:

- If your allergy specialist has recommended you avoid shellfish, please 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 allergy specialist if you are concerned.
- It is also important to note that individuals 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 those allergic to fish due to the method of purification, those with fish allergy are advised to seek medical advice before consuming, including fish oil capsules. Other sources of omega-3 fatty acids included evening primrose oil and flaxseed oil.

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

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Disclaimer

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy. Please check with your medical specialist to ensure this educational information is appropriate. This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

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