

## Fish Allergy

A fish allergy refers to finned fish not all seafood. Seafood includes both shellfish and finned fish. Since, shellfish and finned fish come from different family species those with fish allergies do NOT need to avoid shellfish, unless they also have a shellfish allergy. Salmon, tuna, halibut are among the most common kinds of fish allergies

Most people with a fish allergy are allergic to more than one type of fish. It is advised that those with a fish allergy avoid all types of finned fish. However, if you are interested in having fish in your diet you can talk with your doctor about doing allergy testing for specific fish. A fish allergy is considered lifelong, once a person develops the allergy – it is unlikely they will lose it.

### The following is a list of the most common finned fish:

(There are over 1,000's of species of finned fish)

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

### The following are foods /products that MAY contain finned fish:

Barbecue sauce	Gelatin
Bouillabaisse	Imitation/artificial fish- Surimi
Caesar dressing/salad (may contain anchovies)	Marinara sauce (may contain anchovies)
Caponata- a Sicilian eggplant relish	Processed meats (bologna, hot dogs, etc. - may contain surimi)
Cioppini	Roe (fish eggs)
Caviar	Sushi
Dressings (may contain anchovies)	Surimi
Fish stock	Seafood flavoring
Fish sticks	Worcestershire sauce
Gumbo or Jambalaya	

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## Words to watch out on the menu:

“a l’Americaine”

## Keep the following in mind:

- Seafood restaurants are considered a high risk for cross-contamination even when ordering non-fish items
- Ethnic Restaurants (Thai, Chinese, Vietnamese, etc.) - often use fish ingredients and are considered a high risk for cross-contamination
- Fish protein can become airborne during cooking so it is advised to stay out of cooking areas
- Those with fish allergies do NOT need to avoid Carrageenan (“Irish moss”) or Iodine (unless you have a specific iodine allergy)

## Additional Resources

<http://www.foodallergy.org/allergens/fish-allergy>

[http://kidshealth.org/parent/medical/allergies/fish\\_allergy.html#](http://kidshealth.org/parent/medical/allergies/fish_allergy.html#)

<http://home.allergicchild.com/top-8-fish/>

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