

Food Allergy: Fish

Be Aware

- Salmon, halibut and tuna are the most common fish allergies.
- If you are allergic to fish that does not mean you are allergic to shellfish.
- More than half of people who are allergic to one fish are allergic to another fish. For this reason it is recommended that people with a fish allergy avoid all fish.
- There are over 20,000 types of fish.

Source: Source: Food Allergy Research and Education

Common Fish Allergies

Anchovies, bass, catfish, cod, flounder, grouper, haddock, hake, halibut, herring, mahi mahi, perch, pike, pollock, salmon, scrod, sole, snapper, swordfish, tilapia, trout and tuna

Avoid These Products

- Fish gelatin
- Fish oil
- Fish sticks

Source: Source: Food Allergy Research and Education

Unexpected Sources

- Barbecue sauce
- Bouillabaisse
- Caesar salad
- Caesar dressing
- Caponata
- Imitation or artificial fish
- Worcestershire sauce

Cuisines with High Risk of Cross Contact

- African
- Chinese
- Indonesia
- Thai
- Vietnamese

Source: Source: Food Allergy Research and Education