

## 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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