

FISH Allergen Card



Any food containing fish must be avoided including*:

Common fish species	
Anchovy	Mackerel
Barramundi	Mahi-mahi
Bass	Marlin
Bluefish	Monkfish
Blue grenadier	Orange Roughy (deep sea perch)
Bonito	Perch
Bottarga	Pike
Bream	Pilchards
Carp	Rockfish
Catfish	Salmon
Cod	Sardine
Eel	Shark
Flake	Smelt
Flathead	Snapper
Flounder	Sole
Garfish	Tilapia
Grouper	Toothfish
Haddock	Trout
Hake	Tuna
Halibut	Whitebait
Herring	White Fish
John Dory	Whiting

Foods containing fish:

Bouillabaisse	Miso soup (bonito)
Caviar	Pescatore sauce
Fish gelatine, paste, sauce and stock	Surimi
Imitation crab	Taramasalata
Marinara sauce	Sashimi
	Worcestershire Sauce (anchovies)

Products and ingredients which might contain fish include:

Antipasto	Omega 3 fortified foods
Asian dishes (fish sauce)	Pasta sauces (anchovies/fish)
Bread/breadcrumbs	Pizza toppings (anchovies)
Canned spreads (fish paste)	Salad dressings
Caesar salad (anchovies)	Sauces
Dashi	Soups
Dips	Sushi
Marshmallow	Wine (fined with fish)

People with fish allergy are often allergic to crocodile as the proteins are similar.

Please note: *It is possible for an allergic reaction to occur when fish is being cooked as fish proteins are released into the air.*

Food served in seafood or other restaurants may be cross contaminated with fish during storage, preparation and cooking.

Check when purchasing food that may be cooked in oil e.g. chips, that the oil has not been contaminated by cooking fish.

FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).



**Scan the QR code for more information
or call 1300 728 000 or visit
www.allergyfacts.org.au**