



## FISH Allergen Card



### Any food containing fish must be avoided including\*:

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

### Foods containing fish:

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

**\*This is not a complete list of ingredients to avoid but is intended as a helpful aid for living with fish allergy. It is NOT meant to replace medical advice given by your doctor.**

### Products and ingredients which might contain fish include:

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

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## 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](http://www.allergyfacts.org.au)



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