

# FISH Allergen Card



## Fish that may be used as an ingredient include\*:

Anchovy  
Barramundi  
Bass  
Bluefish  
Bream  
Carp  
Catfish  
Caviar  
Char  
Chub  
Cisco  
Cod  
Eel  
Fish  
Flake  
Flathead  
Flounder  
Grouper  
Haddock  
Hake  
Halibut  
Herring  
Imitation crab  
Mackerel  
Mahi-mahi  
Marlin  
Monkfish  
Orange Roughy  
Perch  
Pickerel  
Pike  
Plaice  
Pollock  
Pompano  
Porgy  
Rockfish  
Salmon  
Sardine  
Shark  
Smelt  
Snapper  
Sashimi  
Surimi  
Tilapia  
Trout

Tuna  
White Fish  
Whiting

## Products which might contain fish include:

Antipasto  
Asian dishes  
Canned spreads  
Caesar salad  
Dips  
Fish sauce  
Fish stock  
Gelatin  
Greek dishes  
Marshmallow  
Pizza toppings  
Salad dressings  
Sauces (eg Worcestershire)  
Soups  
Sushi  
Surimi

**Please note:** that it is possible for an allergic reaction to occur from cooking odours or handling of fish. Food served in a seafood or other restaurant may be cross contaminated with fish or shellfish during storage, preparation and cooking.

\*This is not a complete or comprehensive 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.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

A&AA© 2015



Allergy & Anaphylaxis  
Australia

Your trusted charity for allergy support