

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.

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**Allergy & Anaphylaxis
Australia**

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