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Fish Allergy

Allergic reactions to fish are commonly reported in both children and adults. Generally, if an adverse reaction has occurred to one type of fish, all species of fish should be avoided.

General Guidelines:

1. Read all labels carefully.
2. Cross-contamination may occur in the food preparation area by fish that come in contact with the counter, spatula, cooking oil, fryer or grill, which will subsequently be used to cook the non-fish item.
3. If a severe reaction (anaphylaxis) occurred in the past, carry your Epi-pen with you at all times (your doctor should advise you of its use).
4. An allergy to iodine or radio contrast material and a fish or shellfish allergy are not related.
5. Fish allergies usually are not outgrown.
6. Very sensitive individuals may have an allergic reaction to the odor of fish cooking or from handling the fish.
7. Highly processed foods may contain hidden fish or shellfish.
8. Educate and inform others of your fish allergy and wear a medic alert bracelet if you have experienced a severe reaction in the past (call 1-800-432-5378 or visit www.medicalert.org).

Avoid:

1. Fish in any form, cod, bass, salmon, orange roughly, trout, swordfish, herring, halibut, sardines, tuna, anchovies, surimi, imitation crabmeat, imitation lobster and imitation shrimp.
2. Worcestershire sauce and Caesar salad dressing may contain fish. Caponata is a relish that may contain anchovies.
3. Fish may be used in beef and pork substitutes as part of hot dogs, ham, and pizza toppings.
4. Fish skin is used to clarify some coffees and wines.

Sources:

www.allergies.about.com
www.foodallergy.org