



University of Michigan
Food Allergy Center

Fish Allergy Helpful Hints

Fish Allergy: You have been diagnosed with a fish allergy. The only treatment is to strictly avoid fish all food products that contain fish. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain fish as an ingredient must list the specific fish species on the product label.

Label reading tips: Avoid foods that contain any of the following ingredients:

- Anchovies
- Bass
- Bluefish
- Bonito
- Carp
- Catfish
- Codfish
- Drum
- Eel
- Fish gelatin
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Jack
- Mackerel
- Mahi-mahi
- Marlin
- Menhaden
- Mullet
- Orange roughy
- Perch
- Pike
- Plaice
- Pollock
- Pompano
- Porgy
- Puffer
- Salmon
- Sardine
- Scrod
- Shad

- Snapper
- Sole
- Sturgeon
- Sunfish
- Swordfish
- Tilapia
- Trout
- Tuna
- Whitefish

Other products that may contain fish: Check labels of the following foods and products carefully.

- Bouillabaisse
- Caesar salad dressing
- Caponata
- Caviar
- Fish broth or stock
- Fish protein isolate
- Fish oil supplements
- Fish sauce
- Fish eggs (roe)
- Surimi (in imitation crab, lobster)
- Isinglass
- Whole fish protein concentrate
- Vitamin E supplements
- Worcestershire sauce

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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