

Reading a Label for Fish Allergy

Fish allergy is very common. If allergic to one type of fish, you should avoid all types of fish. Allergy to fish **does not always mean allergy to shellfish**.

The Food Label

Fish is required to be listed on the Nutrition Facts food label. The label will either say “fish” in the ingredient list or say “contains fish” below the ingredient list.



The following ingredients **contain fish and are not safe**.



- Anchovies or anchovy paste
- Fish sauce
- Surimi

The following foods or ingredients **may contain fish**. If there is fish in the product, it will be listed on the label. You may also check with the product maker to be sure.

- Caponata
- Caesar salad dressing
- Steak sauce
- Worcestershire sauce

The following foods **do not contain fish and are okay to eat**.

- Carrageenan (a marine alga used in foods as an emulsifier, stabilizer, and thickener)
- Iodine or radiocontrast (iodine allergy and fish allergy are not related)

Cross-Contamination

Fish can accidentally get into foods. This is called cross-contamination.

Examples:

- Any food served in a seafood restaurant
- Some people may have trouble from cooking odors or from touching fish or shellfish
- Some people may also have trouble walking through a fish market

Eating Out

Fish protein can become airborne when cooking. People with reaction to fish should not eat at seafood restaurants.

