Fish Allergies

Fish Allergies

**Foods to Avoid:**

* Fish oil
* Roe, caviar
* Surimi (imitation seafood)
* Caesar salad dressing, steak sauce or Worcestershire sauce which may contain anchovies
* Asian dishes: Thai, Japanese, Vietnamese, Chinese
* Sushi, sashimi, tempura
* Fish sauce, fish soup, fish balls
* Shrimp balls, noodles, chips, salad rolls
* Prawn chips
* Fish and shellfish flavoring

**Check product labels for:**

Agar, alginic acid, alginate – gelatins in products, discolium inosinate in fish sauces, fish or shellfish flavorings