

FISH FREE DIET

AVOIDING FISH

Strict avoidance of fish is required, including meticulous label reading as a fish allergy can cause a severe reaction. Always **carry an epinephrine auto-injector** (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) and have available at all times. A fish allergy often is lifelong.

There are thousands of species of fish from around the world. A fish allergy to one species, *does increase risk of allergy to another species of fish* – inquire with your Allergist if you need to avoid all “fin fish” or only certain species. The most commonly reported fish allergies in our country are Salmon, Tuna, Cod and Halibut. Below are fish commonly used in Western cuisine, please note that there are thousands of other edible species of fish that you may encounter, always inquire if a fish name or word is unfamiliar to you.

Anchovy	Halibut	Salmon or Steelhead Trout
Bass	Herring	Scrod
Bonito	Mackerel	Sheephead
Catfish	Mahi Mahi	Skipjack
Cod – Ling, Lingcod	Perch	Swordfish
Dorado	Pes	Sole
Flounder	Pescado	Snapper
Grouper	Pike	Tilapia
Haddock	Pollack	Trout
Hake	Rockfish	Tuna – Ahi, Yellowtail, Bluefin

Note: a fish allergy refers to fish with *fins*; other marine life such as shellfish (calamari, clams, crab, crawfish, krill, lobster, mussels, octopus, oysters, prawns, shrimp), are from a separate biologic group and food family. Shellfish are not included in a pure fish allergy, although as shellfish and fin fish may be handled or processed together, do inquire about cross contamination risk.



ALWAYS AVOID FOODS THAT CONTAIN FISH, INCLUDING THE FOLLOWING INGREDIENTS:



Bouillabaisse	Fish Sauce	Shark Fin
Caesar Salad or Dressing	Fish Stock	Surimi
Caponata (eggplant salad)	Fishmeal/Fish Meal	Sushi, Sashimi
Caviar	Kosher Gelatin	Worcestershire Sauce
Fish Oil	Marine Gelatin	
Deep Fried Foods	Nuoc Mam	
Fish Flavoring	Pizza (anchovy topping)	
Fish Flour	Roe	
Fish Fume	Seafood Flavoring	
Fish Gelatin	Shark Cartilage	



Cross-contamination:

- Avoid all seafood and sushi restaurants, even if your dish is free of fish, the cutting boards, knives, or storage/cooking equipment may have come in contact with fish to the extent to cause a dangerous reaction.
- Casual contact, with skin contact and vapor/steam inhalation may also cause a reaction; request more information from your Allergist if this is a possibility for your child.
- Use extra caution with deep fried foods, as the oil may carry allergens from previous fried foods



Regional Cuisine:

- Ethnic restaurants and certain cuisine (especially Chinese, French, Japanese, Indonesian, Italian, Thai and Vietnamese) are considered high-risk because of the common use of fish, dried fish, fish sauce and other fish ingredients. This greatly increases the risk of cross-contamination, even if you do not order fish.
- Barbeque sauce often contains fish, always read the label for sauces and condiments.

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN FISH-FREE DIET

Fish is an important source of protein, especially if one doesn't eat other animal meats. Omega 3 Fatty Acids are found in non-fish sources although in small amounts and require an additional step of metabolism – supplementation with a fish free option may be required.

What nutrients are important in fish? What are good food sources of these missing nutrients?



- **Protein:** Animal meats (Chicken, Turkey, Beef, Lamb, Pork), Eggs, Beans & Lentils & Legumes, Nuts & Seeds, Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Vitamin A:** Apricot, Cantaloupe, Carrot, Greens, Kale, Pumpkin, Spinach, Squash, Sweet Potato
- **Vitamin B6:** Turkey, Beef, Chicken, Sweet Potato, Potato, Sunflower seeds, Spinach
- **Vitamin B12:** Fortified Cereal, Fortified Milks, Meat substitutes, Nutritional Yeast (certain brands)
- **Vitamin D:** Eggs (free range, organic), Shiitake Mushrooms
- **Vitamin E:** Almonds, Spinach, Swiss Chard, Avocado, Turnip & Beet Greens, Asparagus
- **Niacin:** Chicken, Turkey, Lamb, Beef, Brown Rice
- **Omega 3 Fatty Acids:** Seeds (Flax, Chia, Hemp), Walnuts, Beans (Soy, Navy, Kidney)
- **Phosphorus:** Scallops, Soy, Pumpkin Seeds, Lentils, Shrimp, Tempeh

ALTERNATIVES TO FISH AND FISH PRODUCTS

Substituting fish depends on how you are using fish ingredients in a recipe:

- **Whole fish pieces:** As a main entrée or in a stir fry or soup, generally any other land animal meat/poultry or beans/tofu would be a good alternative.
- **Fish Sauce:** Miso, either soy or chick pea can add the salt and umami flavor that fish sauce provides, mushrooms are also a good umami complement.
- **Fish Stock:** Clam juice can be used, check with the manufacturer to ensure no cross-contamination or shared processing facilities are used.
- **Omega 3 Fatty Acids:** Fish-free or vegan alternatives are usually algae or flax based, always verify “fish free” on label. The following Omega 3 fish free supplements are not endorsed by CHLA.
 - Nordic Naturals Algae Omega
 - Barlean's Lignan Flax Oil
 - Udo's Choice 3-6-9 Blend
 - Deva Nutrition Vegan Omega 3 DHA-EPA