

Fish - Free Diet Sheet

Please use this diet sheet under the supervision of a registered dietitian

	Foods Allowed	General Foods Restricted
Milk and Dairy:	All milk and milk products made without the addition of fish or products of fish.	No milk and milk products are restricted except if they are made with the addition of fish or products of fish.
Bread and Cereal:	All products made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.
Vegetables:	All vegetables made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.
Legumes:	All legumes made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.
Fruit:	All fruit made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.
Meat, Poultry & Fish:	All meat and poultry and their products made without the addition of fish or products of fish. Only the species of fish that has been proven not to cause an allergic reaction in the individual is allowed.	All species of fish, except if the exact specie or species of fish that is responsible for the allergy has been identified. Roe Caviar Surimi Crabsticks
Nuts & Seeds:	All nuts and seeds made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.
Fats & Oils:	Only the fish oil of the species that has been proven not to cause an allergic reaction in the individual is allowed. All other oils.	The fish oil of the species to which the person is allergic to. If the species are unknown, all fish oils should be avoided, including: Menhaden oil Cod liver oil Halibut liver oil Salmon oil All other fish oils.
Spices & Herbs:	All herbs and spices made without the addition of fish or products of fish.	None are restricted except if they are made with the addition of fish or products of fish.

Miscellaneous:

Fish paste
Fish sauce
Fish stock
Isinglass (gelatin)
Worcestershire sauce

Unreferenced Sources / Other:

Ingredient terms to avoid on labels

Alaskan Pollack
Ambergris (whale/flavouring)
Anchovy
Angler fish
Atlantic cod
Bacalhau (salt cod in Portugal)
Bass
Bluefish
Bonito/ Skipjack
Bowfin caviar
Bream
Brill
Brook Trout
Butterfish
Capelin (caviar)
Carp
Catfish
Caviar
Cod
Croaker
Dentex
Dogfish
Drum
Eel
Fish oil
Fish paste
Fish sauce
Fish stock
Flounder
Galjoen
Garfish
Goujonettes
Grouper
Gumard
Haddock
Hake
Halibut
Herring
Hydrogenated menhaden oil
Isinglass (gelatin)
John Dory
Kabelfjou
Kazunoko (Herring roe)
Kippers
Lake trout

Lumpfish
Lumpfish eggs/roe
Mackerel
Mahi mahi
Marlin (Spearfish)
Megrim / Whiff / White sole
Menhaden fish
Monkfish (Anglerfish)
Morue (salt cod in France)
Mousseline (pureed fish, egg, cream)
Mullet
Orange Roughy
Oyster sauce
Pacific cod
Perch
Pike
Pilchard
Pink Salmon
Plaice
Pollock
Pomfret
Pompano
Rainbow Trout
Ray
Red Snapper
Rockfish
Rockling
Roe
Rosefish
Salmon
Sardines
Sashimi
Scorpion fish
Sea Bass
Shad/ Scad/ Jack Mackerel
Shark
Skate
Snoek
Sole
Sperm oil (lubricant)
Gturgeon
Surimi
Swordfish
Tobiko (caviar)
Trout
Tuna
Turbot
Whitefish
Whiting
Yellow pike
Yellow tail

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

If the specific species of fish that the individual is allergic to has been identified, other species of fish can be eaten as substitutes. However, if the species have not been identified, all other species should also be excluded from the diet.

Nutritional Substitutes

Fish is a source of many nutrients, but excluding fish alone from one's diet will not lead to any nutrient deficiencies.

Reminders

Medic Alert?

Cross reactivity?

It is important to be very aware of fish cross contamination during food preparation especially in restaurants and preprepared foods.

Some highly sensitive individuals even react upon inhalation of fish cooking fumes.

Free-from Recipes and Related Information