



FISH FREE DIET INFORMATION SHEET

Avoid all food products that contain **fish** as an ingredient (required by U.S. law to list the word **“fish”** on the product label.)

Avoid foods that contain or may contain fish:

bouillabaisse
caesar salad dressing
Caponata
fish stock
seafood flavoring
Surimi
worcestershire sauce

Avoid food served in a seafood restaurant which may contain fish protein due to cross-contamination.

Reactions may occur from inhaling cooking vapors and handling fish.

You do **not** need to worry about reactions with radiocontrast material or iodine.

For additional information: www.foodallergy.org