

Living with a Fish Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains fish, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *always* important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Here are some hidden sources of Fish:

- Bouillabaisse
- Caesar Salad Dressing
- Caviar
- Fish Broth or Stock
- Fish Gelatin
- Fish Protein Isolate
- Fish Sauce
- Fish Eggs (roe)
- Surimi
- Isinglass
- Whole fish protein concentrate
- Worcestershire sauce

Heat & Eat: Amy's® Fish Free:

All of Amy's Frozen Dinners are free of eggs. Per website: “Amy's Kitchen does not use any peanuts, fish, shellfish or eggs”

<http://www.amys.com/>; <http://www.amys.com/buy/around-the-world/canada>

Using Exchanges:

If a recipe calls for fish, simply substitute these foods for another protein exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
4 oz Mahi-Mahi	1 protein exchange
3 oz Trout	1 protein exchange
3 oz Salmon	1 protein exchange
4 oz Salmon (smoked)	1 protein exchange
4 oz Tilapia	1 protein exchange
3 oz Tuna	1 protein exchange
4 oz Orange Roughy	1 protein exchange
4 oz Red Snapper	1 protein exchange
fish sauce	Options: White soy sauce, mushroom Stir-fry sauce, Asian Black Vinegar, oyster sauce or chicken, beef or vegetable stock
Worcestershire sauce	Annie's® Worcestershire Sauce (Vegan), Wan Ja Shan's Organic Worcestershire Sauce, The Wizard's®, or other vegetarian or vegan varieties
1 Progresso® 100 cal soup - New England Clam chowder	1 Progresso® 100 cal soup (all other varieties)