

A goldfish is captured mid-jump, leaping out of a glass of water. The background is a warm, orange-hued sunset over a body of water. The fish is in the upper right quadrant, with its body arched and fins spread. The glass is in the foreground, and the water is splashing around the fish's exit point. The overall scene is dynamic and visually appealing.

TOP 8 THINGS TO KNOW ABOUT FISH ALLERGY

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#1

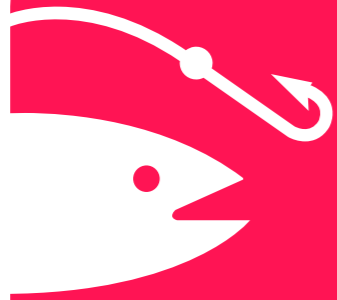
FISH ALLERGY COMMONLY PRESENTS IN ADULTS.



One percent of the population has finned fish allergy and most are adults. 40-60 percent of people with fish allergy have their first experience as an adult. Fish allergy is usually a lifelong allergy that few grow out of.

#2

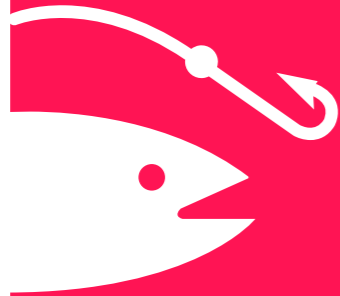
IF YOU'RE ALLERGIC TO ONE FISH, IT'S BEST TO AVOID THEM ALL.



If you want to try eating certain types of fish, ask your doctor for supervision. Be careful as it's not always easy to tell different fish apart. Also, fish is often inaccurately identified in markets and restaurants.

#3

FINNED FISH AND SHELLFISH ALLERGIES ARE NOT THE SAME.

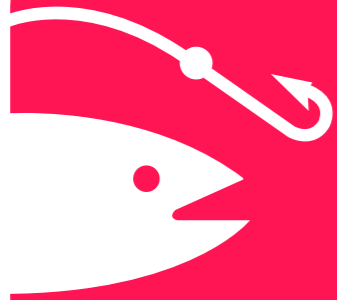


The two allergies are distinct. Finned fish include salmon, tuna, halibut, bass, anchovy, sardines, etc. Shellfish include crab, lobster, shrimp, crawfish, etc.

Unless you also happen to also have shellfish allergy, fish allergy sufferers can safely eat shellfish!

#4

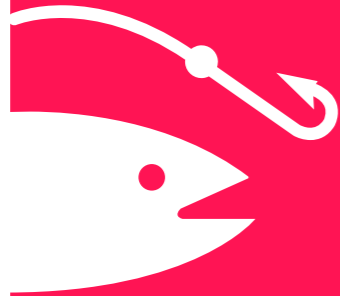
FOOD LABELS MUST INDICATE THE PRESENCE OF FISH IN FOOD PRODUCTS.



Food products containing fish are required by law to state this on food labels. But advisory labels are not required (for example, cross contamination, made in shared facility, storage and transportation issues).

#5

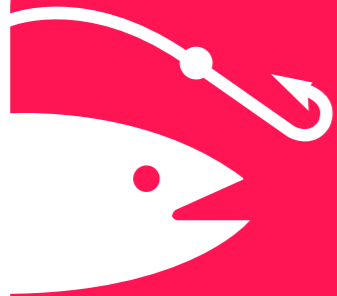
**IF YOU HAVE A FISH ALLERGY,
AVOID PLACES WHERE FISH IS
PREPARED AND SERVED.**



Fish proteins can be released into the air near areas where fish is being cooked, especially steamed. Seafood restaurants are risky for cross contamination even if you order non-fish items. Take extra care at Asian restaurants - they often use fish sauce and stock.

#6

FISH CAN BE HIDDEN IN COMMON FOODS.



Careful with Caesar salad dressings, Worcestershire sauce, BBQ sauce and other sauces, dressings and marinades. Also avoid artificial crab (surimi), fish oil, fish sauce, fish gelatin and seafood flavoring.

#7

NO MATTER YOUR ALLERGY, THE BEST STRATEGY IS AVOIDANCE.



Currently there is no cure - the best strategy is to avoid fish and and foods that contain them.

- ▶ Epi shot is usually recommended for severe symptoms.
- ▶ Antihistamines are usually used for mild symptoms.
- ▶ See your doctor for guidance.

#8

**LETTING OTHERS KNOW
ABOUT YOUR FISH ALLERGY IS
AN IMPORTANT WAY TO
STAY SAFE.**



Create your **FREE** fish allergy profile at [selectivor.com](https://www.selectivor.com) and share it with others so you're never left out!

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