

Fish Free Diet

7 Mil

An estimated 2.3% of Americans, that's nearly 7 million people, report allergy to seafood, including fish and shellfish.

40%

Approximately 40% of those with fish allergy first experienced an allergic reaction as an adult.



- Salmon, tuna, and halibut are the most common kinds of fish to which people are allergic.
- It's generally recommended that individuals who are allergic to one species of fish avoid all fish.
- Fish allergy is considered lifelong; once a person develops the allergy, it is very unlikely that they will lose it.

Unexpected Sources Shellfish or Fish

- Salad Dressing
- Worcestershire Sauce
 - Bouillabaisse
 - Imitation Fish
 - Meatloaf
- Barbecue Sauce

Fish and shellfish protein can become airborne in the steam released during cooking and may be a risk. Stay away from cooking areas. Avoid touching fish, going to the fish market, and in an area where fish is being cooked.



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