

Use this information to cater for children in your service who have a fish or shellfish allergy.



Seafood allergy is more common in adults than children and usually remains a lifelong problem. People with seafood allergy are usually allergic to either fish or shellfish, rather than both.

Allergy action plan

Allergy action plans are recommended to advise staff what to do if a known allergen is ingested. The action plan should be developed with the child's family and treating team (doctor, allergist, paediatrician) and be approved and signed by a recognised health professional involved in their care.

On enrolment, centres should request written documentation of confirmed allergies from the child's treating team. Parents should document exactly what their child can and cannot tolerate to avoid confusion and this should be written on the allergy action plan.

Specialised anaphylaxis action plans are essential for children with anaphylactic reactions.

For information about developing an allergy action plan refer to the fact sheet *Allergy policy and allergy action plans*¹ and the Australasian Society of Clinical Immunology and Allergy (ASCIA)² website www.allergy.org.au.

Fish allergy

Avoiding fish

Fish allergy can be an allergic reaction to any one or more of the following:

Fish that commonly cause an allergic response

● Salmon	● Flounder	● Flake	● Pike
● Barramundi	● Whiting	● Snapper	● Haddock
● Pilchards	● Anchovies	● Sardines	● Perch
● Cod	● Garfish	● Flathead	● Sole
● Bream	● Whitebait	● Herring	● Trout
● Shark	● John Dory	● Hake	● Tuna
● Mackerel	● Orange roughy		

People who are allergic to one type of fish are often allergic to other types of fish, but are often not allergic to other types of seafood.

¹ *Allergy policy and allergy action plans*, Healthy Eating Advisory Service, Department of Health and Human Services, State Government of Victoria, 2014, www.heas.health.vic.gov.au

² The ASCIA website includes personal action plans for allergic reactions and for anaphylaxis. These are medical documents that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

Label reading

Check the labels of the following foods, as they may contain fish:

Ingredients that indicate the presence of fish

<ul style="list-style-type: none">● Antipasto● Dips● Soups● Oyster sauce● Fish sauce● Fish stock● Marinara sauce● Fish gelatin	<ul style="list-style-type: none">● Canned spreads (fish paste)● Caesar salad (anchovies)● Salad dressings (anchovies)● Caesar salad dressing	<ul style="list-style-type: none">● Pescatore sauce● Sushi● Surimi● Greek dishes● Bouillabaisse● Worcester sauce	<ul style="list-style-type: none">● Products fortified with omega 3● Anything from a fish and chip shop (cooked in oil used to cook fish)
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Shellfish allergy

Avoiding shellfish

Shellfish allergy can be an allergic reaction to any one or more of the following:

Shellfish that commonly cause an allergic response

<ul style="list-style-type: none">● Prawns● Crayfish● Mussels● Yabbies● Scampi● Cockle● Garden slugs and snails	<ul style="list-style-type: none">● Shrimp● Abalone● Octopus● Sea snails● Sea slugs● Marron● Morton bay bugs	<ul style="list-style-type: none">● Lobster● Clams● Crab● Cuttlefish● Scallops● Abalone● Molluscs	<ul style="list-style-type: none">● Oyster● Squid● Calamari● Barnacles● Balmain bugs
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People who are allergic to shellfish should avoid all seafood in this group but not necessarily fish.

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Label reading

Check the labels of the following foods, as they may contain shellfish:

Ingredients that indicate the presence of shellfish

<ul style="list-style-type: none">● Bouillabaisse● Prawn crackers● Fish stock● Seafood extender● Asian soups and dishes	<ul style="list-style-type: none">● Squid ink● Scampi fries● Cuttlefish ink● Oyster sauce● Seafood/marinara pizza	<ul style="list-style-type: none">● Fish sauce● Seafood flavouring● Marinara sauce● Pescatore sauce● Pet or fish food
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References:

Dietary Avoidance – Fish Allergy, Australasian Society of Clinical Immunology and Allergy, 2013, www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy/fish.

Dietary Avoidance – Shellfish Allergy, Australasian Society of Clinical Immunology and Allergy, 2013, www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy/shellfish.

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