

Diet: Allergy – fish free

Aim: To provide a diet that excludes fish and products containing those foods.

Characteristics: No white fish, anchovies, salmon, sardines, tuna or fish paste.

Indications: Allergy to fish.

Nutritional adequacy: Nutritionally adequate.

Precautions:

- It is not possible to provide a full list of all permitted commercial products; the following are general guidelines only. Care should be taken to read all product ingredient lists to look for ingredients derived from seafood, e.g. fish protein isolate, Worcestershire sauce, roe.
- All packaged food with fish ingredients must carry a mandatory warning statement under Standard 1.2.3 of the Food Standards Code; these ingredients should therefore be identified on food labels.
- Particular care is needed in food handling and preparation to avoid cross-contamination.
- This diet specification does not exclude shellfish or shellfish derivatives as this is covered by another specification.

Paediatrics: Suitable for use in paediatrics when combined with an age-appropriate diet.

Specific menu planning guidelines:

	ALLOWED – <i>but check labels</i>	NOT ALLOWED – <i>but check labels</i>
Hot main dishes	All plain cooked meat, poultry, and eggs	Dishes containing white fish, salmon, tuna or fish sauces Check ingredients of breadcrumbs for fish oils
Sauces, gravies	All others	Sauces or gravies containing fish sauce, Asian sauce, fish stock or marinara mix or Worcestershire sauce
Starchy vegetables / pasta / rice	All	
Vegetables	All	
Soups	All others	Any containing white fish, salmon, tuna, sardines or fish stock
Sandwiches	All others	Any containing white fish, salmon, sardines or tuna Bread containing fish oils
Salads, dressings	Others	Any containing white fish, salmon, anchovies, sardines or tuna Caesar salad dressing
Breads, cereals	All others	Bread and cereals containing fish oils
Spreads	All others	Fish paste Products containing fish oils
Hot breakfast choices	All others	Smoked fish or sardines. Fish cakes
Fruit	All	
Yoghurt	All others	Products containing fish oils
Desserts	All	
Milk and cheese	All others	Products containing fish oils
Beverages	All others	Products containing fish oils
Biscuits	All	
Miscellaneous	Nuts, pepper, salt, sugar, sweetener and cream	Nutrition supplements or enteral feeds containing fish oils Foods containing beer and wine where fish gelatine or Isinglass has been used as a fining agent.

Diet: Allergy - fish free (continued)

References

1. Australasian Society of Clinical Immunology and Allergy. Information for patients, consumers and carers [accessed 27th April 2015]; Available at: <http://www.allergy.org.au/patients/food-allergy/ascia-dietary-avoidance-for-food-allergy/fish>
2. Australia New Zealand Food Standards Code - Standard 1.2.3 - Mandatory Warning and Advisory Statements and Declarations - F2011C00610 [Accessed 27th April 2015] Available at <http://www.comlaw.gov.au/Details/F2011C00610>

This diet specification is not to be used for patient education

Date: 15 July 2015