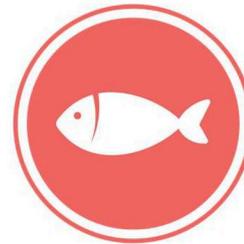


Fish



Leaflet #4



Fish

Fish

Whether fresh water or saltwater, white or oily, all fish are included here.

Many people with a fish allergy have identified which fish causes the allergic reaction. However, there are some that react to all fish. For this reason, it is best practice to identify the actual fish within your ingredients information.

Some savoury sauces contain anchovies, so it is very important to note this in your recipes and ingredient information.

This is another reason that information about ingredients is paramount.

Ask your doctor

We do not give medical advice.

Please always speak to your medical practitioner for advice if you suspect an allergic reaction, or are worried that you, or a family member, may have an allergy.

Other names to look for:

- Oily fish
- Salmon, Trout, Mackerel, Tuna, Sardines, Pilchards, Whitebait, Kipper, Bloaters, Swordfish, Sprats
- White fish
- Cod, Plaice, Sole, Haddock, Pollock, Halibut, Skate, Hake, Sea Bream, Tilapia, Ling, Turbot, Monk fish, Red and Grey Mullet, Flounder, Dogfish/Rock Salmon/Huss
- Fish Roe
- Caviar, Cod Roe