

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> All vegetables 	<ul style="list-style-type: none"> Any vegetable or vegetable juices/drinks containing seafood (e.g. Clamato juice®)
Fruit	<ul style="list-style-type: none"> All fruits 	<ul style="list-style-type: none"> Any fruit dishes containing seafood
Salads	<ul style="list-style-type: none"> All salads containing allowed ingredients 	<ul style="list-style-type: none"> Any salad containing seafood
Grain Products	<ul style="list-style-type: none"> All plain grain products 	<ul style="list-style-type: none"> Any grain product containing seafood
Milk & Alternatives	<ul style="list-style-type: none"> All milk and milk products except those that contain seafood 	<ul style="list-style-type: none"> Any milk or alternative not containing seafood
Meat & Alternatives	<ul style="list-style-type: none"> All meat and alternatives except for those not allowed 	<ul style="list-style-type: none"> All fish, crustaceans, and shellfish including but not limited to: <ul style="list-style-type: none"> Anchovies, basa, bass, bluefish, bream, carp, catfish (channel cat, mudcat), char, chub, cisco, cod, eel, flounder, grouper, haddock, hake, halibut, herring, mackerel, mahi-mahi, marlin, monkfish (angler fish, lotte), orange roughy, perch, pickerel (dore, walleye), pike, plaice, pollock, pompano, porgy, rockfish, salmon, sardine, shark, smelt, snapper, sole, sturgeon, swordfish, tilapia (St Peter's fish), trout, tuna (albacore, bonito), turbot, white fish, whiting. Abalone, clam, crab, crayfish (crawfish, écrivisse), cockle, conch, limpets, lobster (langouste, langoustine, coral, tomalley), mussels, octopus, oysters, periwinkle, prawns, quahaugs, scallops, shrimp (crevette), snails (escargot), squid (calamari), whelks Surimi, imitation crab/lobster, minced fillets, sashimi, ceviche, caviar, roe, kamaboko, lox, scrod, sushi, tarama (salted carp roe) Processed meats that contain or may contain seafood Meats cooked or mixed with ingredients not allowed
Soups	<ul style="list-style-type: none"> All seafood-free soups 	<ul style="list-style-type: none"> Clam chowder Lobster bisque Soups or soup bases that contain or may contain seafood
Oils & Fats	<ul style="list-style-type: none"> All seafood-free oils and fats 	<ul style="list-style-type: none"> Cod liver oil Margarines that contain fish oils

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		<ul style="list-style-type: none"> • Deep fry oil that has been used to cook seafood • Salad dressing that contain seafood (e.g. Caesar dressing)
Desserts & Sweets	<ul style="list-style-type: none"> • All desserts and sweets except those that contain seafood 	<ul style="list-style-type: none"> • Desserts made with fish gelatin • Marshmallows (may contain)
Fluids	<ul style="list-style-type: none"> • All fluids except those that contain seafood 	<ul style="list-style-type: none"> • Clamato juice®
Miscellaneous	<ul style="list-style-type: none"> • All miscellaneous products that do not contain seafood 	<ul style="list-style-type: none"> • Sauces or spreads that contain or may contain seafood (marinara, Nuoc Mâm, taramasalata), Worcestershire sauce or Fish sauce • Spring rolls/egg rolls that contain seafood • Fish oil supplements

Notes:

- It is important to avoid cross-contamination.
- Avoid any foods with the statement “Contains fish/seafood” or “May contain: fish/seafood” or similar wording on the label

References:

- Government of Canada, Health Canada, “Fish – priority food allergens”, 2017
- Food Allergy Canada, “About Allergies – Seafood”, 2018