



Seafood-Free Guide

Label reading

Learn to identify seafood and seafood-based ingredients in packaged foods. Seafood may be a common ingredient in sauces, particularly those used in Asian cooking. A full list of common and hidden sources of seafood can be found on your lab report.

Verify sources of seafood

Due to the common occurrence of “seafood fraud,” in which lower quality or lower value fish are often substituted or passed off as higher quality or higher value fish after butchering and before serving, it may be difficult to know if the seafood variety one is ordering is truly that variety. Consult with your food or grocery establishment to determine if this is a concern where you are purchasing seafood. When in doubt, leave it out.

Maintain healthy diet habits

Pick nutrient-rich foods such as vegetables, fruits, grains, low-fat dairy, and lean protein foods. Avoid over processed foods with high calories but few nutrients. Eating fibers helps with appetite control and reduce risk of chronic disease. The association between obesity and food sensitivity has been well documented with links that have been investigated including lifestyle choices and physiological factors (i.e., immune system diseases or other medical conditions). Certain healthy fasting methodologies (periodic fasting mimicking diets, intermittent fasting, time restricted feeding, etc.) have been shown to alter metabolic phases and improve health span.