List of food to avoid after an episode of Ciguatera Fish Poisoning

Following an episode Ciguatera Fish Poisoning, consumption of certain type of food can trigger, or worsen some of the (Ciguateric) symptoms (most of the time neurological and gastrointestinal). This food « intolerance » can last several months, or years. Unfortunately, the biological mechanisms involved in this phenomenon are not well understood.

Foods listed below, are known to cause intolerances, in both acute and chronic phases. It is very unusual that an individual is intolerant to all of these foods. This list is provided solely for guidance.

It is also highly recommended to poisoned individuals to keep a journal of the “sensitive” foods. These foods should be removed from their diet for several weeks, or months. The individual will then try to reintroduce each food little by little. If there is still an intolerance for one of these foods, the experiment should be done again one or two month later.

**MARINE PRODUCTS**
- Pelagic and lagoon fish (frozen, canned, dried...),
- Shell fish,
- Algae (spirulina...),
- Food supplements containing marine products (algae, omega-3 of fish origin),
- Sauces and flavors containing marine products (oyster, shrimp...).

*N.B.*: Some poultry or pork are fed with fishmeal so their consumption could lead to an allergic reaction.

**ANIMAL-BASED PROTEIN**
- Beef,
- Pork,
- Chicken

**PLANT-BASED PROTEIN**
- Soy protein.

**PROTEIN POWDERS AND ET HYPERPROTEINATED BEVERAGES**
Protein powders and by-products may be poorly tolerated. However, this case remains isolated.

**BEVERAGES**
- Alcohol,
- Coffee and caffeinated drinks (decaffeinated coffee is usually well tolerated),
- Tea (herbal infusions are usually well tolerated),
- « Energy » drinks.

**FAT**
- If possible, avoid consuming products high in fat.

**OTHERS**
- Chocolate,
- Spices,
- Nuts (walnuts, peanuts...),
- Seeds.

If you or your patient experience(s) some food intolerance(s) not listed above, please do not hesitate to share that information with us: contact@ciguatera-online.com