



From: www.cofargroup.org

SHELLFISH AVOIDANCE

It is important to read all ingredient labels to identify foods that contain shellfish. All manufactured food products that contain crustacean shellfish as an ingredient are required by US law to **list the specific crustacean shellfish on the product label.**

Avoid foods that contain any of these ingredients:

Crustacean

Shrimp (prawns, crevette)

Lobster (langouste, langoustine, scampo, coral, tomalley)

Crab

Crawfish (crayfish, ecrevisse)

Mollusks

Abalone

Clam

Cockle

Mussel

Oyster

Octopus

Scallop

Snail (escargot)

Squid (calamari)

Mollusks are not considered major allergens under food labeling laws. They may not be fully disclosed on a product label.

Foods that often contain shellfish:

- Shellfish protein may be present in bouillabaisse, fish stock, surimi, and seafood flavoring (such as crab or clam extract.)

Look out for:

- Cross contact- Cross contact occurs when safe foods come in contact with shell fish. This can happen through shared cooking utensils, surfaces, frying oils or not keeping safe foods separated from those made with shell fish. Avoid cross contact by washing everything well with soap and water.
- Fish and seafood restaurants are considered high risk due to the risk of cross contact even if a non-shellfish item is ordered. For some individuals, a reaction may occur to cooking odors or from handling shellfish.

Usually Safe:

- Carrageen is a marine algae, not a fish, and considered safe for those avoiding fish and shellfish.

Read all product labels carefully before buying and eating any item.

RESOURCES

-This program has additional information sheets that you may find helpful

-Explore additional educational materials, for example, from Food Allergy Research & Education (www.foodallergy.org)

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