

Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label.

Avoid foods that contain shellfish or any of these ingredients:

- Barnacle
- Crab
- Crawfish (crawdada, crayfish, ecrevisse)
- Krill
- Lobster (langouste, langoustine, Moreton bay bugs, scampi, tomalley)
- Prawns
- Shrimp (crevette, scampi)

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

Your doctor may advise you to avoid mollusks or these ingredients:

- Abalone
- Clams (cherrystone, geoduck, littleneck, pismo, quahog)
- Cockle
- Cuttlefish
- Limpet (lapas, opihi)
- Mussels
- Octopus
- Periwinkle
- Scallops
- Sea cucumber
- Sea urchin
- Snails (escargot)
- Squid (calamari)
- Whelk (Turban shell)

Shellfish are sometimes found in the following:

- Bouillabaisse
- Cuttlefish ink
- Fish stock
- Glucosamine
- Seafood flavoring (crab extract, clam extract, etc.)
- Surimi

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

Reference: Food Allergy & Anaphylaxis Network (www.foodallergy.org)