



## SHELLFISH FREE DIET INFORMATION SHEET

Avoid all food products that contain **shellfish** as an ingredient (required by U.S. law to list the word "**shellfish**" on the product label.)

The following are **shellfish**:

abalone	mussels
clams	octopus
crab	oysters
crawfish (crawdada, crayfish, ecrevisse)	prawns
cockle (periwinkle, sea urchin)	scallops
cuttlefish	sea cucumber
krill	shrimp (crevette, scampi)
limpet (lapas, opihi)	snails (escargot)
lobster	squid (calamari)
mollusks	whelk

Avoid foods that contain or may contain shellfish:

bouillabaisse  
fish stock  
seafood flavoring (e.g., crab or clam extract)  
surimi

\*\*\***Mollusks** (e.g. clams, scallops, oysters) are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.\*\*\*

Avoid food served in seafood restaurants which may contain shellfish protein due to cross-contamination.

Reactions may occur from inhaling cooking vapors, handling shellfish, and foods cooked in deep fryers that are also used to cook shellfish.

You do not need to worry about reactions with radiocontrast material or iodine.

For additional information: [www.foodallergy.org](http://www.foodallergy.org)