

Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

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| Abalone | Octopus |
| Clams (cherrystone, littleneck, pismo, quahog) | Oysters |
| Cockle (periwinkle, sea urchin) | Prawns |
| Crab | Scallops |
| Crawfish (crayfish, ecrevisse) | Shrimp (crevette) |
| Lobster (langouste, langoustine, scampo, coral, tomalley) | Snails (escargot) |
| Mollusks | Squid (calamari) |
| Mussels | |

These items may indicate shellfish protein:

Bouillabaisse
Cuttlefish ink
Fish stock
Flavoring (including natural and artificial)
Seafood flavoring (such as crab or clam extract)
Surimi

Keep the following in mind:

- Any food served in a seafood restaurant may be cross contaminated with fish or shellfish.
- For some individuals, a reaction may occur from cooking odors or from handling fish or shellfish.
- Always carry medications and use them as soon as symptoms develop.

Adapted from 2010 the Food Allergy & Anaphylaxis Network <http://www.foodallergy.org/>