

# Shellfish Allergy

There are two kinds of shellfish:  
Crustacea (such as shrimp, crab and lobster)  
Mollusks (such as clams, mussels, oysters and scallops)

People who are allergic to one kind of shellfish are likely allergic to other types; allergists usually advise their patients to avoid all varieties. If you have been diagnosed with a shellfish allergy, do not eat any variety shellfish without first consulting your doctor.

Being allergic to shellfish does NOT put you at risk for being allergic to finned fish (salmon, tuna, halibut, etc.) because they are not from related seafood families. Those with a shellfish allergy can safely eat finned fish, unless they also have a fish allergy.

The following ingredients should be avoided by those with shellfish allergy:

## **Crustacea:**

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

\*\* It is important to note that mollusks are not considered major allergens under [FALCPA](#) and may not be fully disclosed on a product label. Read labels carefully for the following ingredients indicating mollusks. \*\*

Talk with your doctor concerning your need to avoid mollusks in your diet.

## **Mollusks:**

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

**Martin's**  
Count On Us!

The following foods/products/dishes MAY contain shellfish:

Fish Sauce

Paella

Bouillabaisse

Gumbo

Egg Rolls

Oriental pre-made sauces/dishes

Surimi – artificial/imitation fish

Processed meats (bologna, hot dogs, etc.- may contain surimi)

Oil used in restaurants to fry seafood items may be used to fry non-seafood items

\*\* Ethnic and Seafood restaurants are considered high risk for cross-contamination\*\*

### Additional Resources

<http://home.allergicchild.com/top-8-fish/>

<http://www.foodallergy.org/allergens/shellfish-allergy>

<http://www.mayoclinic.org/diseases-conditions/shellfish-allergy/basics/prevention/con-20032093>

[http://my.clevelandclinic.org/health/diseases\\_conditions/hic Allergy Overview/hic Food Allergies/hic Shellfish Allergies](http://my.clevelandclinic.org/health/diseases_conditions/hic_Allergy_Overview/hic_Food_Allergies/hic_Shellfish_Allergies)

**Martin's**  
Count On Us!