



Shellfish Allergy

Did You Know?

- About 60% of people with fish allergy experienced their first allergic reaction as adults.
- Shellfish allergies usually last a lifetime.

There are two types of shellfish: *crustaceans*-- such as shrimp, crab, and lobster, and *mollusks*--such as clams, mussels, oysters, and scallops. Crustaceans are usually the most common shellfish allergies that cause the most severe reactions. People allergic to one type of shellfish are not always allergic to both types, but allergists recommend avoiding all varieties.

A shellfish allergy is different from a finned fish allergy, and because they are not from related families, an allergy to one does not imply an allergy to the other. Always read ingredient labels to see if products “contain” fish or if they were processed with the same equipment as fish-containing foods. If you are allergic, do not cook shellfish or visit seafood restaurants.

Crustaceans to Avoid

- Barnacle
- Crab
- Crawfish/Crawdada
- Krill
- Lobster
- Prawns
- Shrimp

Mollusks to Avoid

- Abalone
- Clams
- Cockle
- Cuttlefish
- Limpet
- Mussels
- Octopus
- Oysters
- Periwinkle
- Sea Cucumber
- Sea Urchin
- Scallops
- Snails (escargot)
- Squid (calamari)
- Whelk (Turban shell)

Other Possible Sources of Shellfish

- Asian Food
- Bouillabaisse
- Cuttlefish Ink
- Glucosamine
- Fish Stock
- Seafood Flavoring
- Surimi

More Information:

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

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