Guidelines for Managing Food Allergies

Crustacean Shellfish Allergies

Remember to ALWAYS read food labels carefully and watch for hidden allergens. Hidden allergens are ingredients derived from or containing major food allergens with common names that may be unfamiliar to consumers. **Foods or ingredients to AVOID if allergic to crustacean shellfish:** (This is not an exhaustive list.)

### Crustacean Shellfish:
- Barnacle
- Crab meat
- Crawfish
- Crayfish
- Krill

### Langoustine
- Lobster
- Prawns
- Shrimp

### Some Other Sources of Shellfish:
- Bouillabaisse
- Cuttlefish ink (crab or clam extract)
- Fish stock
- Glucosamine
- Seafood flavoring
- Imitation or artificial fish, crab or lobster
- Surimi, also known as “sea legs” or “sea sticks,” is made with fish, not shellfish.

### Alternative food sources that provide important nutrients if avoiding shellfish
**Protein:** meats, poultry, dairy products, dried beans, nut butters

### Your doctor may advise you to also avoid mollusks or these ingredients:
- Abalone
- Clams (cherrystone, geoduck, littleneck, pismo, quahog,cockle)
- Cuttlefish
- Limpet (lapas, opih)
- Mussels
- Octopus
- Oyster

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