

Guidelines for Managing Food Allergies

Crustacean Shellfish Allergies

Joell Eifert, (Extension specialist, Food Science & Technology Department, Blacksburg)

Abigail Villalba, (Extension specialist, Virginia Seafood Agricultural Research and Extension Center, Hampton)

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

Your doctor may advise you to also avoid mollusks or these ingredients:

Abalone

Clams (cherrystone, geoduck, littleneck, pismo, quahog, cockle)

Cuttlefish

Limpet (lapas, opihi)

Mussels

Octopus

Oyster

Periwinkle

Sea cucumber

Sea urchin

Scallops

Snails (escargot)

Squid (calamari)

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

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