

How to Read a Label for a Shellfish-Free Diet

All FDA-regulated manufactured food products that contain a crustacean shellfish as an ingredient are required by U.S. law to list the specific crustacean shellfish on the product label. Avoid foods that contain shellfish or any of these ingredients:

- crab
- crawfish (crayfish, ecrevisse)
- lobster (langouste, langoustine, scampo, coral, tomalley)
- prawn
- shrimp (crevette)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label. Your doctor may advise you to avoid mollusks or these ingredients:

- abalone
- clams (cherrystone, littleneck, pismo, quahog)
- cockle (periwinkle, sea urchin)
- mussels
- octopus
- oysters
- snails (escargot)
- squid (calamari)

Shellfish are sometimes found in the following:

- bouillabaisse
- cuttlefish ink
- fish stock
- seafood flavoring (e.g., crab or clam extract)
- surimi

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

For more information:

foodallergy.org/page/fish-allergy