



Allergy Section

How to Read a Label for a  
***SHELLFISH-FREE DIET***

**Avoid foods with these ingredients:**

**Mussels**

Abalone  
Clams (cherrystone, littleneck, pismo, quahog)  
Cockle (periwinkle, sea urchin)  
Mollusks  
Mussels  
Octopus  
Scallops  
Snails (esgargot)  
Squid (calamari)

**Crustaceans**

Crab  
Crawfish (crayfish, ecrevisse)  
Lobster (langouste, langousine,  
scampo coral, tomalley)  
Prawns  
Shrimp (crevette)

**The following ingredients may indicate the presence of shellfish protein:**

Bouillabaisse  
Fish stock  
Seafood flavoring (such as crab or clam extract)  
Surimi

**Keep the following in mind:**

- Any food served in a seafood restaurant may be cross-contaminated with fish or shellfish during handling.
- For some individuals, a reaction may occur from cooking odors or from handling fish or shellfish.