

# Crustacean Shellfish Allergies

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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	Langoustine
Crab meat	Lobster
Crawfish	Prawns
Crayfish	Shrimp
Krill	

## 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	Periwinkle
Clams (cherrystone, geoduck, littleneck, pismo, quahog, cockle)	Sea cucumber
Cuttlefish	Sea urchin
Limpet (lapas, opihi)	Scallops
Mussels	Snails (escargot)
Octopus	Squid (calamari)
Oyster	

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Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2015

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VT/0415/FST-199NP