



How to Read a Label for a SHELLFISH-FREE DIET

Avoid foods that contain shellfish or any of the following ingredients:

Abalone
Clams (cherrystone, littleneck, pismo, quahog)
Cockle (periwinkle, sea urchin)
Crab
Crayfish (crawfish, ecrevisse)
Lobster (langouste, langoustine, scampi, coral, tomalley)
Mollusks
Octopus
Oysters
Prawns
Scallops
Shrimp (crevette)
Snails (escargot)
Squid

May indicate the presence of shellfish protein (ask prior to ingestion):

Japanese, Chinese and other Asian cuisine
Chowders
Bouillabaisse
Cuttlefish ink
Fish stock
Flavoring (including artificial and natural)
Seafood flavoring (such as crab or clam extract)

Keep the following in mind:

- Avoid seafood restaurants since food served can become cross-contaminated with fish or shellfish
- Reactions can occur from cooking odors or from handling fish or shellfish