
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:

barnacle
crab
crawfish (*crawdad*,
crayfish, *ecrevisse*)
krill

lobster (*langouste*,
langoustine, *Moreton*
bay bugs, *scampi*,
tomalley)

prawns
shrimp (*crevette*, *scampi*)

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

(continued on back)

clams (*cherrystone, geoduck, littleneck, pismo, quahog*)

cockle

cuttlefish

limpet (*lapas, opihi*)

mussels

octopus

oysters

periwinkle

scallops

sea cucumber

sea urchin

snails (*escargot*)

squid (*calamari*)
whelk (*Turban shell*)

Shellfish are sometimes found in the following:

bouillabaisse

cuttlefish ink

fish stock

glucosamine

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.