



University of Michigan  
Food Allergy Center

# Shellfish Allergy Helpful Hints

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**Shellfish Allergy:** You have been diagnosed with a shellfish allergy. The only treatment is to strictly avoid shellfish all food products that contain shellfish. All manufactured food products that are regulated by the Food and Drug Administration (FDA) and contain crustacean shellfish as an ingredient must list the specific crustacean shellfish species on the product label.

Mollusks are shellfish, but are not considered major allergens by the FDA and may not be fully disclosed on foods labels.

**Label reading tips:** Avoid foods that contain any of the following ingredients:

**Crustaceans:**

- Barnacles
- Crab
- Crawfish (crayfish, ecrevisse)
- Lobster (langouste, langoustine, scampo, coral, tomalley)
- Prawn
- Shrimp (crevette)

**Mollusks:**

- Abalone
- Clam
- Cockle
- Mussel
- Oyster
- Octopus
- Scallop
- Snail (escargot)
- Squid (calamari)

**Other products that may contain shellfish:** Check labels of the following foods and products carefully.

- Bouillabaisse
- Fish broth or stock
- Seafood flavoring
- Surimi (in imitation crab, lobster)

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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