Shellfish is considered a major food allergen under the Food Allergen Labeling and Consumer Protection Act of 2006. All food products that contain shellfish as an ingredient must list the word “shellfish”, on the product label. **Please note: this law applies only to crustacean shellfish (shrimp, crab, lobster) and does not include mussels, oysters, scallops or clams.**

If you are unsure about any product, confirm ingredients with the manufacturer or discuss with your allergist before using.

For more information about food labeling laws, go to www.foodallergy.org.

**Avoid foods with these ingredients:**

**Mollusks**
- abalone
- clams (cherrystone, littleneck, pismo, quahog)
- cockle (periwinkle, sea urchin)
- mussels
- octopus
- scallops
- snails (escargot)
- squid (calamari)

**Crustaceans:**
- crab
- crawfish (crayfish, ecrevisse)
- lobster (langouste, langousine, scampo coral, tomalley)
- prawns
- shrimp (crevette)

**The following ingredients may contain 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.