



Chrisana Ogilvie-McDaniel, MD, Thomas A. Scott, MD and
Heather Vas, PA-C
Allergy and Asthma
3311 E. Murdock
Wichita, KS 67208

How to Read a Label for a Shellfish-Free Diet

Avoid Foods That Contain Any of These Ingredients

- Abalone
- Clams (cherrystone, littleneck, pismo, quahog)
- Cockle (periwinkle, sea urchin)
- Crab
- Crawfish (crayfish, ecrevisse)
- Lobster (langouste, langousine, scampo, coral, tomalley)
- Mollusks
- Mussels
- Octopus
- Oysters
- Prawns
- Scallops
- Shrimp (crevette)
- Snails (escargot)
- Squid (calamari)

The Following Ingredients May Indicate the Presence of 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 and cooking
- For some individuals a reaction may occur from cooking odors or from handling fish or shellfish
- Always carry medications and use them as soon as symptoms develop