

Food Allergy: Shellfish

Shellfish Allergy Verse Fish allergy

Although shellfish and fish are both considered seafood, fish and shellfish allergies do not always go hand in hand. So, fish will not provide an allergic reaction to someone who eats shellfish (unless they are also allergic to shellfish) and visa versa. Source: Kids Health

Be Aware

- Most reactions occur when someone eats shellfish, but reactions can occur from a person touching or breathing in shellfish vapors.
- Shellfish allergies can happen at any age. In fact, even a person who has never had a reaction in the past may develop a shellfish allergy.
- Some people outgrow their shellfish allergy, but most have the allergy for the rest of their life.
- 60% of people with a shellfish allergy have their first reaction as an adult.

Warning: The FDA does not require mollusks to be labeled on food products

Source: Food Allergy Research and Education

Common Shellfish Sources

- Barnacle
- Crab
- Crawfish
- Krill
- Lobster
- Prawns
- Shrimp

Avoid Mollusk Products

Abalone, clams, cockle, cuttlefish, limpet, mussels, octopus, oysters, periwinkle, sea cucumber, sea urchins, scallops, snails (escargot), squid (calamari), whelk (Tuban shell)

Shellfish are Sometimes Found Here

- Bouillabaisse
- Cuttlefish ink
- Glucosamine
- Fish stock
- Seafood flavoring
- Surimi

Source: Food Allergy Research and Education