

WHAT IS A SHELLFISH ALLERGY?

A shellfish allergy is generally a life long condition that can cause very serious anaphylactic reactions. Symptoms of an allergic reaction to shellfish are generally obvious and include: difficulty breathing; swelling of the face, throat, lips, and tongue; rapid drop in blood pressure; dizziness; loss of consciousness; hives; tightness of the throat and chest; vomiting and diarrhea.

While a shellfish allergy is one of the most severe food allergies, shellfish may be the easiest allergen to avoid. If a person is allergic to shellfish, he/she usually must avoid all types of shellfish and mollusks, as most types will cause an allergic reaction. This includes all species of crab, lobster, shrimp, prawn, clams, mussels, octopus, scallops, and squid. Because shellfish are to be avoided by those who follow strict Kosher dietary customs, foods labeled as Kosher should be free of shellfish and can be safely consumed.

Cross contamination can occur if shellfish has been cooked in the same skillet or oil used to cook other foods. On weeks when a fried fish item is on the menu, students with shellfish allergies should avoid other fried foods, as the fryer oil could cross contaminate those items.

COMMON SHELLFISH & SHELLFISH PRODUCTS

• Abalone • Anchovies • Asian Cuisine • Bouillabaisse • Caesar Salad Dressing • Calamari • Caponata • Clams • Conch • Crab • Crawfish • Escargot • Fish Sauce • Frito Misto • Fruits de Mer • Gelatin • Gumbo • Kedgeree • Lobster • Mussels • Oriental Sauces & Pastes • Octopus • Oysters • Paella • Pasta Puttanesca • Patum Peperium (Gentleman's Relish) • Prawns • Prepared Meals • Quahog • Scallops • Scampi • Shrimp • Squid • Surimi • Sushi • Tempura • Worcestershire Sauce

READING A NUTRITION FACTS LABEL:

(look for these ingredients as indicators of shellfish)

abalone	fish sauce	prawn
anchovies	fish stock	quahog
bouillabaisse	gelatin	scallops
calamari	lobster	scampi
caponata	mollusks	sea urchin
clams	mussels	seafood flavoring
conch	nuoc mam	shrimp
crabs	nam pla	snails
crawfish	octopus	squid
cockle	oysters	surimi
escargot	paella	worcestershire sauce

