

Dietary avoidance – shellfish allergy

Shellfish allergy occurs more commonly in adults than children. Avoiding shellfish is essential for individuals with confirmed shellfish allergy. Therefore, it is important to read and understand food labels to be able to choose appropriate foods.

The following are common types of shellfish and should be avoided:

| | | |
|--------------|------------------|------------|
| Abalone | Cuttlefish | Prawns |
| Balmain bugs | Lobster | Scallops |
| Barnacles | Marron | Scampi |
| Calamari | Molluscs | Sea snails |
| Clams | Moreton Bay bugs | Shrimp |
| Cockles | Mussels | Snails |
| Crab | Octopus | Squid |
| Crayfish | Oysters | Yabbies |

Check labels on the following foods to see if they contain shellfish and if they do, avoid them:

| | | |
|------------------------|-----------------------------|--------------------|
| Asian soups and dishes | Fish stock | Seafood flavouring |
| Bouillabaisse | Marinara or Pescatore sauce | Squid ink |
| Chitin | Oyster sauce | |
| Cuttlefish ink | Prawn crackers, prawn chips | |
| Fish sauce | Seafood extender | |

Note:

- Food purchased from fish and chip shops may be cooked in oil contaminated by shellfish.
- It is also important to note that individuals with iodine x-ray contrast allergy are not considered to be at higher risk of seafood allergy, and individuals with seafood allergy are not considered to be at higher risk of having allergic reactions to iodine x-ray contrast.

The food lists included in this document are not exhaustive.

Individuals with food allergy should always check foods labels each time products are purchased.

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Disclaimer

Dietary avoidance should only be undertaken if there is a medically confirmed food allergy. Please check with your medical specialist to ensure this educational information is appropriate to you. This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

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