



## Dietary Guide - Shellfish Allergy

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Avoiding shellfish is essential for people with confirmed shellfish allergy. It is important that people allergic to shellfish read and understand food labels to be able to choose the right 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 sauce	Prawn crackers, prawn chips
Bouillabaisse	Fish stock	Seafood extender
Chitin	Marinara or Pescatore sauce	Seafood flavouring
Cuttlefish ink	Oyster sauce	Squid ink

Food purchased from fish and chip shops may be cooked in oil contaminated by shellfish.

People with iodine x-ray contrast allergy are not thought to be at higher risk of seafood allergy, and people 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.**

**People with food allergy should check foods labels each time products are purchased.**

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For more information go to [www.allergy.org.au/patients/food-allergy](http://www.allergy.org.au/patients/food-allergy) and

[www.allergy.org.au/patients/food-other-adverse-reactions](http://www.allergy.org.au/patients/food-other-adverse-reactions)

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