

FAIRFIELD COUNTY ALLERGY, ASTHMA & IMMUNOLOGY ASSOCIATES, P.C.

ADULT AND PEDIATRIC ALLERGY, ASTHMA AND CLINICAL IMMUNOLOGY

DIPLOMATES OF THE AMERICAN BOARD OF ALLERGY & IMMUNOLOGY

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SHELLFISH FREE DIET

Edible shellfish are divided into two categories: mollusks and crustaceans. Mollusks have two shells such as clams, mussels, but also include the abalone, which has a shell covering and a soft underpart. The crustaceans have segmented bodies that are covered with an armor-like section of thick and thin shells, for example, lobster.

The following foods should be avoided:

Crustaceans

Crab (including Alaskan king crab, Atlantic blue crab, soft-shell crab, and stone crab)

Crawfish, crayfish, ecrevisse

Lobster (spiny or rock lobster)

Shrimp, prawns, crevettes

Mollusks

Abalone

Clams (including cherrystones, littlenecks, quahogs, steamers)

Mussels

Oysters (blue points, lynnheavers, chincoteagers)

Scallops (bay, sea, and calico)

Cockle, periwinkle, sea urchin

Noteworthy

- **ALWAYS** read labels. **ALWAYS** ask about ingredients in restaurants, etc. **ALWAYS** call the company if you have a question (they will be most accommodating if you tell them you have a shellfish allergy). **WHEN IN DOUBT: DO NOT EAT IT!**
- People with allergy to one shellfish are likely to develop allergies to other shellfish.
- Avoidance of all shellfish decreases the likelihood of an accidental ingestion. Discuss with your allergist whether you should avoid mollusks, crustaceans, or both.