

SHELLFISH FREE DIET

AVOIDING SHELLFISH

Strict avoidance of shellfish is required to prevent a reaction, including meticulous label reading as a shellfish allergy can cause a severe reaction. Always **carry an epinephrine auto-injector** (such as an EpiPen®, Auvi-Q™ or Adrenaclick®) and have available at all times. A shellfish allergy often is lifelong.

There are hundreds of species of shellfish which people eat around the world, in our country the most common shellfish allergens are **Shrimp, Crab and Lobster**. Shellfish are divided into two main groups based on their biological phyla, **Crustacea** – meaning with an exoskeleton, including prawns, shrimp, crab, and lobster, and **Mollusks** – with a significant shell or mantle with inner cavity, including clams, mussels, oysters, scallops. One may be allergic to all shellfish, or just one group, or even only one species. However, most people with a shellfish allergy have a high risk to be allergic to another type of shellfish, thus your Allergist may recommend avoiding all varieties.

Note: a strict shellfish allergy does not include *fin* fish (Salmon, Tuna, etc.), which are from another biologic group and food family than shellfish.

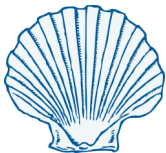
Cross-contamination:

- **Avoid all seafood and sushi restaurants**, even if your dish is free of shellfish, the cutting boards, knives, or storage/cooking equipment may have come in contact with shellfish to the extent to cause a dangerous reaction.
- **Casual contact with skin and vapor/steam inhalation may also cause a reaction**; avoid going to a fish market, being in an area where shellfish are being cooked (a 'clambake'), playing in the mud at the beach, or a sea-animal exhibit where children are invited to handle sea creatures. As fish and shellfish are commonly stored together, you may need to **avoid casual contact with fin fish** as well - request more information from your Allergist if this is a possibility for your child.



ALWAYS AVOID FOODS THAT CONTAIN SHELLFISH, INCLUDING THE FOLLOWING INGREDIENTS:

Barnacle
Crab – all varieties
Crawfish or Crawdad
Crayfish
Krill
Langouste
Langoustine
Lobster
Moreton Bay Bugs
Prawns
Scampi
Shrimp, Crevette Shrimp
Tomalley



USE CAUTION, THE FOLLOWING MAY CONTAIN SHELLFISH:

Abalone
Bouillabaisse
Clams and Clam Juice
Cockle
Cuttlefish
Cuttlefish Ink
Fish Stock
Geoduck
Glucosamine
Limpet, Lapa, Opihi
Mollusks
Mussels
Octopus
Oysters – all varieties
Periwinkle
Scallops
Sea Cucumber
Seafood Flavoring (Crab or Clam Extract)
Snails (Escargot)
Squid (Calamari)
Squid Ink Pasta
Surimi
Whelk (Turban Shell)

POTENTIAL NUTRITIONAL DEFICIENCIES ON AN SHELLFISH- FREE DIET

Shellfish are not typically consumed in our country at a level which if avoided, would create a deficiency in your child's diet.

What nutrients are important in shellfish? What are good food sources of these missing nutrients?



- **Protein:** Animal Meats (Chicken, Turkey, Beef, Lamb, Pork), Eggs, Beans & Lentils & Legumes, Nuts & Seeds, Whole grains— Quinoa, Millet, Teff, Barley (minimal protein)
- **Vitamin A:** Apricot, Cantaloupe, Carrot, Greens, Kale, Pumpkin, Spinach, Squash, Sweet Potato
- **Vitamin B6:** Turkey, Beef, Chicken, Sweet Potato, Potato, Sunflower seeds, Spinach
- **Vitamin B12:** Fortified Cereal, Fortified Milks, Meat Substitutes, Nutritional Yeast (certain brands)
- **Vitamin D:** Salmon, Sardines, Eggs (free range, organic), Shiitake Mushrooms (minimal)
- **Vitamin E:** Almonds, Spinach, Swiss Chard, Avocado, Turnip & Beet Greens, Asparagus
- **Niacin:** Chicken, Turkey, Lamb, Beef, Fish: Salmon, Sardines, Tuna (caution with cross-contamination), Brown Rice, Peanuts
- **Omega 3 Fatty Acids:** Seeds (Flax, Chia, Hemp), Walnuts, Beans (Soy, Navy, Kidney)
- **Phosphorus:** Soy, Pumpkin Seeds, Cod, Tuna, Lentils, Tempeh

ALTERNATIVES TO SHELLFISH

Substituting shellfish depends on how you are using fish ingredients in a recipe:

- **Whole shellfish pieces:** As a main entrée or in a stir fry or soup, generally any other land animal meat/poultry or beans/tofu would be a good alternative.
- **Clam juice:** Fish Stock can be used, check with the manufacturer to ensure no cross-contamination or shared processing facilities are used.