

SHELLFISH Allergen Card

(crustaceans & mollusc)

Avoid all foods containing any shellfish to which you are allergic*:

Abalone

Clams

Cockle

Crab

Crawfish

Lobster

Molluscs

Mussels

Octopus

Oysters

Prawns

Scallops

Shrimp (crevette)

Sea snails

Squid (calamari)

Food served in seafood or other restaurant may be cross contaminated with fish or shellfish during storage, preparation and cooking.

Products which may contain shellfish include:

Bouillabaisse

Cuttlefish ink

Fish stock

Flavouring (natural/artificial)

Sauces (eg fish sauce)

Seafood flavouring (eg clam)

Squid ink

Surimi

Please note that it is possible for an allergic reaction to occur from cooking odours or handling of shellfish.

*This is not a complete or comprehensive list of ingredients to avoid but is intended as a helpful aid for living with shellfish allergy. It is NOT meant to replace medical advice given by your doctor.

Remember: Cosmetics, lotions, shampoos, moisturisers and the like can contain food allergens. Some medications (prescribed and over the counter) and alternate therapies can also contain food allergens.

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