

SHELLFISH Allergen Card

(crustaceans & mollusc)

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

Abalone
Balmain bugs
Barnacles
Clams
Cockle
Crab
Crawfish
Cuttlefish
Lobster
Marron
Molluscs
Moreton Bay bugs
Mussels
Octopus
Oysters
Prawns
Scallops
Scampi
Shrimp (crevette)
Sea snails
Snails
Squid (calamari)
Yabbies

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

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



Products which may contain shellfish include:

Asian soups and dishes
Bouillabaisse
Chitin
Cuttlefish ink
Fish stock
Fish sauce
Flavouring (natural/artificial)
Sauces (eg fish sauce)
Seafood flavouring (eg clam)
Squid ink
Surimi
Marinara
Oyster sauce
Pescatore sauce
Prawn crackers,
Prawn chips
Seafood extender

*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. Check when purchasing food that may be cooked in oil e.g. chips that the oil has not been contaminated by cooking 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

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