



MOLLUSC Allergen Card



Any food containing molluscs must be avoided including*:

Common mollusc species

Abalone
Calamari
Clams
Cockles
Cuttlefish
Jellyfish
Limpets
Mussels
Octopus
Oysters
Periwinkles
Pipi
Scallops
Sea cucumbers
Sea snails
Sea urchins
Snails
Squid
Whelks

Foods which contain molluscs

Cuttlefish ink
Oyster sauce
Squid ink

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

Products and foods which may contain molluscs include:

Asian soups and dishes
Bouillabaisse
Fish sauce
Fish stock
Flavouring (natural/artificial)
Marinara sauce
Pescatore sauce
Sauces
Seafood flavouring (e.g. clam)
Surumi
Sushi

Please note: *It is possible for an allergic reaction to occur when molluscs are being cooked as mollusc proteins are released into the air.*

Food served in seafood or other restaurants may be cross contaminated with molluscs during storage, preparation and cooking.

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

It is also important to note that individuals with iodine contrast (for medical imaging) 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 contrast.

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FOOD ALLERGY SAFETY

Avoidance of the food allergen is crucial if you are food allergic. There are many strategies you can put in place to help reduce the risk of an allergic reaction including anaphylaxis.

When eating away from home:

- Plan ahead; educate those around you.
- Tell wait staff and/or food preparation staff about your food allergy. When you tell wait staff about your allergy, consider giving them an A&AA Chef Card, a helpful tool to help you communicate your allergy. Scan the QR code below for Chef Card information.
- Have an appropriate snack available when you go out. If you are hungry, you will be more tempted to take a risk with a non-labelled food purchase.
- Do not share food.
- Do not share straws, cups, cutlery and other food utensils.
- ALWAYS have your ASCIA Action Plan for Anaphylaxis and your adrenaline injector with you. No Adrenaline = No Eat!

When buying packaged food:

- Always read the ingredient list on the food label, even if the product has been purchased and eaten safely before.
- If there is no label and you cannot access clear information on food content, do not eat the food.
- Call food manufacturers and ask about food ingredients if you are unsure about a product.
- Note: Warning statements such as "May contain..." are voluntary.
- Australian labelling requires all common allergens to be listed on the food label.

Allergens found in other products:

- Check cosmetics, lotions, shampoos, soaps, moisturisers and products used on the skin for food allergens.
- Check medications (prescribed and over the counter), supplements, herbal medicines and alternate therapies for food allergens.
- Check pet food for food allergens (e.g. bird seed for peanut and tree nuts, cat food for fish).

Scan the QR code for more information or call 1300 728 000 or visit www.allergyfacts.org.au



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Your trusted charity for allergy support



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