Shellfish Free Diet

Avoid Foods with these ingredients:

- Abalone
- Clams (cherrystone, littleneck, pismo, and quahog)
- Crab
- Crawfish (crayfish, ecrevisse)
- Lobster (langouste, langousine, scampo, coral, tomalley)
- Mollusks
- Mussels
- Octopus
- Oysters
- Scallops
- Shrimp (prawns, crevette)
- Snails (escargot)
- Squid (calamari)

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MAY indicate the presence of SHELLFISH protein:

- Bouillabaisse
- Fish Stock
- Flavorings (natural & artificial)
- Seafood Flavoring (crab or crab extract)
- Surimi

Warning:

Any food served in a seafood restaurant may be cross contaminated with fish or shellfish during preparation. Some individuals may react even to the odor from cooking fish or shellfish.

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