

#KnowTheFAACTS

About Shellfish Allergies

There are two families of shellfish

Mollusks



cephalopods squid



gastropods abalone



clam



mussel



octopus



oyster



scallop



snail



whelk

Crustacean



crab



crawfish



langoustine



lobster



prawn



shrimp

Crustacean allergy is more common, and only crustacean shellfish are required to be listed on labels in the US per FALCPA (not mollusk, and this is an important distinction to understand).

The protein in crustacean shellfish is different than fin fish, and thus shellfish allergic individuals generally can eat fin fish. However, care should be taken to avoid cross-contamination.

Allergy to shellfish can develop at any age and has been reported to have developed in individuals who may have been able to safely eat shellfish in the past.

Unfortunately, allergy to shellfish is usually life-long and not commonly outgrown.

Strict avoidance of shellfish is recommended.