

Shellfish Allergy

A shellfish allergy is an overreaction of the body's immune system to shellfish protein. All shellfish and shellfish products must be excluded from the diet. A person who is allergic to a type of shellfish is not automatically allergic to all fish, but they are more likely to be allergic to all types of shellfish.

Symptoms

- Skin: hives, swelling of face, lips and tongue, atopic dermatitis
- Respiratory: throat tightness, nasal congestion, asthma
- Gut: vomiting, diarrhea, pain
- Anaphylaxis

Dietary Recommendations

Exclude from the diet:

- Abalone
- Clams
- Cockle
- Crawfish\
- Lobster
- Mollusks
- Mussels
- Octopus
- Oysters
- Prawns
- Scallops
- Shrimp
- Snails
- Squid
- Foods that may contain shellfish protein:
 - Bouillabaisse
 - Fish stock
 - Natural or artificial flavoring
 - Seafood flavoring
 - Surimi