

Living With a Shellfish Allergy

If you suffer from a shellfish allergy, strictly avoiding shellfish and food containing shellfish is the only way to prevent an allergic reaction. If your doctor is able to identify exactly which type of shellfish causes your allergies, than you only need to eliminate that type of shellfish from your diet. For the majority of shellfish allergy sufferers, however, this is not an option and all shellfish must be avoided.

Examples of shellfish include:

- Abalone
- Clams
- Crab
- Crawfish, crayfish
- Lobster
- Oysters
- Scallops
- Shrimp
- Cockle, sea urchin
- Mussels



Be careful with fried foods. Some restaurants use the same oil to fry shrimp, chicken, and French fries. Also, keep in mind that imitation shellfish may still contain shellfish as many manufactures add shellfish for flavoring. Before you use it, read the label to be sure.

Source: WebMD.com