

Living with a Shellfish Allergy

Living with a food allergy doesn't have to prevent you from enjoying wholesome and nutritious foods. The good news is that manufactures are required to state whether or not their product contains the following eight most common allergens – peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat. Allergen information can be found near the nutrition facts label.

As the saying goes “*When in doubt, throw it out.*” A food allergy can cause a potential life-threatening reaction. So, if you are uncertain whether the food contains shellfish, do not eat the food. Manufactures change ingredients, so even if you buy the product frequently, always check the food label before you make a purchase. Potential allergens could also be present in foods if it is produced or manufactured in a plant containing allergenic foods – this is called cross contamination. It is *a*lways important to read foods labels before you buy.

Your best choices are going to be to select whole foods and limit your consumption of processed foods. Processed foods, like those that come in a box or can, usually have more allergens because of the additives, flavorings, coloring and preservatives added.

Here are some hidden sources of Shellfish:

- Bouillabaisse
- Fish stock
- Seafood flavorings
- Surimi

Special Note: Mollusks are not considered a major allergen and may not be included in the allergen information. *A*lways read the ingredient list before you make a purchase, even if you buy the product often. The substitution list below includes Mollusks and alternatives. Your doctor or allergist may ask that you avoid the following ingredients:

- Abalone
- Clam
- Octopus
- Oyster
- Mussels
- Scallop
- Snails

Heat & Eat: Amy's® Shellfish Free:

All of Amy's Frozen Dinners are free of shellfish. Per website: “Amy's Kitchen does not use any peanuts, fish, shellfish or eggs”

<http://www.amys.com/>; <http://www.amys.com/buy/around-the-world/canada>

Using Exchanges:

If a recipe calls for shellfish, simply substitute these foods for another protein exchange. Here is a substitution list:

If a recipe calls for....	Substitute with...
4 oz Scallops	1 protein exchange
4 oz Crab	1 protein exchange
4 oz Prawn	1 protein exchange
4 oz Shrimp	1 protein exchange
1 Progresso® 100 cal soup - new England Clam chowder	1 Progresso® 100 cal soup (all other varieties)
1 Progresso® 100 cal soup - Manhattan Clam chowder	1 Progresso® 100 cal soup (all other varieties)