



Healthy Living at Hannaford

How to read a Label for a SHELLFISH-FREE or WHEAT-FREE Diet

All FDA-regulated manufactured food products that contain shellfish or wheat as an ingredient are required by U.S. law to list the word "shellfish" or "wheat" on the product label.

SHELLFISH

Avoid foods that contain shellfish or any of these ingredients:

- crab
- crawfish (crayfish, ecrevisse)
- lobster (langouste, langoustine, scampo, coral, tomalley)
- prawn
- shrimp (crevette)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

- abalone
- clams (cherrystone, littleneck, pismo, quahog)
- cockle (periwinkle, sea urchin)
- mussels
- octopus
- oysters
- snails (escargot)
- squid (calamari)

Shellfish are sometimes found in the following:

- bouillabaisse
- cuttlefish ink
- fish stock

seafood flavoring (e.g., crab or clam extract)

Keep in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

WHEAT

Avoid foods that contain wheat or any of these ingredients:

- bread crumbs
- bulgur
- cereal extract
- club wheat
- couscous
- cracker meal
- durum
- einkorn
- farina
- flour (all purpose, bread, cake, durum, enriched graham, high gluten, high protein, instant, pastry, self-rising,

- soft wheat, steel ground, stone ground, whole wheat)
- hydrolyzed wheat protein
- Kamut®
- matzoh, matzoh meal (also spelled as matzo, matzah, or matza)
- pasta
- seitan
- semolina
- spelt
- sprouted wheat
- triticale
- vital wheat gluten
- wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)

- wheat bran hydrolysate
- wheat germ oil
- wheat grass
- wheat protein isolate
- whole wheat berries

Wheat is sometimes found in the following:

- glucose syrup
- soy sauce
- starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- surimi

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Interested in developing an eating plan that's just right for you?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at hannaford.com/asknutritionist.