



simply healthy

from your Hannaford dietitian

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)
cockles (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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