



# Seafood



**Includes: fish, crustaceans, shellfish**

## Quick Facts

- Seafood is considered a Priority Allergen by Health Canada.
- For regulatory purposes, Health Canada uses the following terms to describe seafood: fish (e.g., trout, salmon), shellfish (e.g., scallops, clams) and crustaceans (e.g., lobster, shrimp).

## Be Allergy-Aware

- Read ingredient labels every time you buy or eat a product.
- Do the Triple Check and read the label:
  - Once at the store before buying it.
  - Once when you get home and put it away.
  - Again before you serve or eat the product.
- Always carry your epinephrine auto-injector.
- For tips on eating out, visit our guide for dining out with food allergies.
- Chopped fish products (such as canned tuna) have a high risk for being contaminated with many other types of fish during processing.
- Check with manufacturers directly to see if the product is safe for you even if your allergen is not listed on the ingredient list.
- Be careful when buying products from abroad since labelling rules differ from country to country.

## To Report a Reaction

If you believe you may have reacted to an allergen not listed on the packaging, you can report it to the Canadian Food Inspection Agency, which may issue a product recall. Find out more on our Food Labelling page at [www.foodallergycanada.ca](http://www.foodallergycanada.ca).

### Shellfish and Crustaceans

**Shellfish** have a hinged two-part shell and include clams, mussels, oysters, and scallops. **Crustaceans** are aquatic animals that have jointed legs, a hard shell, and no backbone. Examples include crab, crayfish, lobster, prawns, and shrimp.

## Other Names for fish

- Anchovy
- Bass
- Bluefish
- Bream
- Carp
- Catfish (channel cat, mud cat)
- Char
- Chub
- Cisco
- Cod
- Eel
- Flounder
- Grouper
- Haddock
- Hake
- Halibut
- Herring
- Mackerel
- Mahi-mahi
- Marlin
- Monkfish (angler fish, lotte)
- Orange roughy
- Perch
- Pickerel (dore, walleye)
- Pike
- Plaice
- Pollock
- Pompano
- Porgy
- Rockfish
- Salmon
- Sardine
- Shark
- Smelt
- Snapper
- Sole
- Sturgeon
- Swordfish
- Tilapia (St. Peter's fish)
- Trout
- Tuna (albacore, bonito)
- Turbot
- White fish
- Whiting

## Possible sources of fish

- Deli meats
- Dips, spreads, imitation crab/lobster meat
- Ethnic foods such as fried rice, paella, spring rolls
- Fish mixtures
- Garnishes
- Gelatin, marshmallows
- Hot dogs
- Pizza toppings
- Salad dressings
- Sauces
- Soups
- Sushi
- Tarama (roe)
- Wine and beer (used as a fining agent)

## **Non-food sources of fish**

- Fish food
- Lip balm/lip gloss
- Pet food
- Compost or fertilizers

## **Other names for shellfish and crustaceans**

- Abalone
- Clam
- Crab
- Crayfish (crawfish, écrivisse)
- Cockle
- Conch
- Limpets
- Lobster (langouste, langoustine, coral, tomalley)
- Mussels
- Octopus
- Oysters
- Periwinkle
- Prawns
- Quahaugs
- Scallops
- Shrimp (crevette)
- Snails (escargot)
- Squid (calamari)
- Whelks

## **Other examples of seafood**

- Caviar and roe (unfertilized fish eggs)
- Ceviche
- Gravad Lax
- Kamaboko (imitation crab and lobster meat)
- Lox
- Minced fillets
- Sashimi
- Scrod
- Surimi (used to make imitation crab and lobster meat)
- Sushi
- Tarama (salted carp roe)