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.foodallergy canada.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, écrevisse)
- Cockle
- Conch
- Limpets
- Lobster (langouste, langoustine, coral, tomaal)
- Mussels
- Octopus
- Oysters
- Periwinkle
- Prawns
- Quahaug
- 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)