



Fish/Shellfish Allergy

Dining Services at Pennsylvania College of Technology is happy to assist those individuals who need to avoid fish/shellfish due to an allergy to either of these. A manager at each of our dining units is available to answer any questions you may have. Our Recipe/Ingredient Guide is also available on line at www.pct.edu/dining/ingredients, to assist you by listing the ingredients in our recipes. You may search for foods by name, category they are in (for example, soups, desserts, salads, etc.), the ingredient they contain, or any combination of these.

It is possible formulations change from our manufacturers, so if you are in doubt about a food, please do not hesitate to ask a manager.

Our department also offers nutrition counseling with a Registered Dietitian by appointment. If you would like to set up an appointment with the campus dietitian, Sharon Berger, RD LDN, please call (570) 327-4767 option 8.

If you have a medical condition linked with a food allergy or intolerance, it is recommended you set up an appointment with Student Health Services at (570) 327-7224.

Below are some helpful guidelines to keep in mind about avoiding shellfish and fish:

- The proteins in various types of fish can be very similar, so some individuals are advised to avoid all types of fish.
- Avoid seafood alfredo, seafood chowder, and seafood salad in the dining units.
- Avoid fried foods such as chicken fingers and french fries the same canola oil may have been used to fry shrimp, scallops, or other seafood.
- Examples of shellfish include: clams, crab, crawfish, crayfish, lobster, oysters, scallops, shrimp, and mussels.
- Worcestershire sauce may contain anchovy, so it is often avoided.
- Imitation seafood may use shellfish for flavoring.

The following is a list of some foods/ ingredients containing fish and shellfish. (Please be aware this is not a complete list.)

Abalone	Scallops
Clams	Scampi
Crab	Shrimp
Crawfish, crayfish	Snail
Fish broth	Squid
Lobster	Sushi
Mollusks	Surimi
Mussels	Swordfish
Octopus (calamari)	Tilapia
Oysters	Tuna
Salmon	Worcestershire Sauce

Food manufacturers may change their product ingredients without Pennsylvania College of Technology's knowledge. The College will assume no liability for any adverse reactions that may occur in any of the dining units.