

HANDY KITNIYOS CHART

NOTE: Products bearing STAR-K P on the label DO NOT contain *Kitniyos* or *Kitniyos Shenishtanu* (*kitniyos* that have been manufactured and transformed into a new product).

See also page 169 for "Understanding Kitniyos - What They Are, What They Aren't"

Anise⁴	Dextrose⁷	Peanuts² and Peanut Oil
Ascorbic Acid^{1,7}	Emulsifiers³	Peas
Aspartame¹	Fennel^{4,6}	Poppy Seeds
Beans (including green beans, edamame, etc.)	Fenugreek^{2,6}	Rice⁵ and Rice Vinegar
Bean Sprouts	Flavors⁷	Sesame Seeds
BHA (in corn oil)	Glucose⁷	Sodium Erythorbate¹
BHT (in corn oil)	Guar Gum³	Sodium Citrate^{1,7}
Buckwheat (Kasha)	Hydrolyzed Vegetable Protein⁷	Sorbitan^{1,7}
Calcium Ascorbate^{1,7}	Isolated Soy Protein	Sorbitol^{1,7}
Canola Oil (Rapeseed)	Isomerized Syrup	Soy Beans and Soy Bean Oil
Caraway Seeds²	Lecithin	Stabilizers³
Chickpeas	Lentils	Starch⁷
Citric Acid^{1,7}	Maltodextrin^{1,7}	String Beans
Confectioners' Sugar⁷	Millet	Sunflower Seeds
Coriander⁴	MSG⁷	Tofu
Corn and Corn Oil	Mustard flour, prepared seeds	Vegetable Oil³
Cumin⁴	NutraSweet¹	Vitamin C^{1,7}

1. *Kitniyos Shenishtanu*

2. Should be avoided on Pesach.

3. Unless bearing a reliable Passover certification.

4. Only acceptable when the certifying agency has documented that all *chometz* issues have been resolved. *Mishnah Berura* 453:13.

5. Those people who eat rice on Pesach should confirm their rice is *Kosher l'Pesach* and free of problematic additives. For more information, see www.star-s.org.

6. The bulbs, root, and greens of these items are not *kitniyos*; it is only the seeds we avoid.

7. Generally *kitniyos*, possibly *chometz*, unless specifically produced and certified as Kosher for Pesach.