

# STAR-K 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 [star-k.org/passover](http://star-k.org/passover) for "Understanding Kitniyos - What They Are, What They Aren't"

Anise <sup>4</sup>	Dextrose <sup>7</sup>	Peanuts <sup>2</sup> & Peanut Oil
Ascorbic Acid <sup>1</sup>	Emulsifiers <sup>3</sup>	Peas
Aspartame <sup>1</sup>	Fennel <sup>4,6</sup>	Poppy Seeds
Beans (including green beans, edamame, etc.)	Fenugreek <sup>2,6</sup>	Rice <sup>5</sup> and Rice Vinegar
Bean Sprouts	Flavors <sup>7</sup>	Sesame Seeds
BHA (in corn oil)	Glucose <sup>7</sup>	Sodium Erythorbate <sup>1</sup>
BHT (in corn oil)	Guar Gum <sup>3</sup>	Sodium Citrate <sup>7</sup>
Buckwheat (Kasha)	Hydrolyzed Vegetable Protein <sup>7</sup>	Sorbitan <sup>7</sup>
Calcium Ascorbate <sup>1</sup>	Isolated Soy Protein	Sorbitol <sup>7</sup>
Canola Oil (Rapeseed)	Isomerized Syrup	Soy Beans & Soy Bean Oil
Caraway Seeds <sup>2</sup>	Lecithin	Stabilizers <sup>3</sup>
Chickpeas	Lentils	Starch <sup>7</sup>
Citric Acid <sup>7</sup>	Maltodextrin <sup>7</sup>	String Beans
Confectioners' Sugar <sup>7</sup>	Millet	Sunflower Seeds
Coriander <sup>4</sup>	MSG <sup>7</sup>	Tofu
Corn & Corn Oil	Mustard flour, prepared seeds	Vegetable Oil <sup>3</sup>
Cumin <sup>4</sup>	NutraSweet <sup>1</sup>	Vitamin C <sup>1</sup>

1. *Kitniyos Shenishtanu* even with KFP symbol.

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](http://www.star-s.org).

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

7. This ingredient can be sourced from chometz, *kitniyos*, or *Kosher l'Pesach* sources. It may not be used on Pesach unless it has approved certification. Even with a valid certificate, it may be *kitniyos shenishtanu*.