

2023 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 for “Understanding Kitniyos - What They Are, What They Aren’t”

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

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.

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*.