



KITNIYOS

& other products customarily not eaten on Pesach by Ashkenazim

Anise	Dextrose (possibly chometz)	NutraSweet ¹
Ascorbic Acid ^{1,3}	Emulsifiers ³	Peanuts
Aspartame ¹	Fennel ²	Peas
Beans (including Green Beans, Edamame, etc.)	Fenugreek ²	Rice ⁴
Bean Sprouts	Flavors ³	Seeds Caraway, Poppy, Sesame, Sunflower
BHA	Glucose ³	Sodium Erythorbate ¹
BHT	Green Beans	Sodium Citrate ¹
Buckwheat (Kasha)	Guar Gum ³	Sorbitan ¹
Calcium Ascorbate ¹	Hydrolyzed Vegetable Protein (possibly chometz)	Sorbitol ¹
Canola Oil (Rapeseed)	Isolated Soy Protein	Soy Beans
Chickpeas	Isomerized Syrup	Stabilizers ³
Citric Acid ^{1,3}	Lecithin	Starch (possibly chometz)
Confectioners' Sugar ³ (possibly chometz, look for KFP symbol)	Lentils	String Beans
Coriander	Maltodextrin ¹ (possibly chometz)	Tofu
Corn	Millet	Vegetable Oil ³
Corn Syrup	MSG ³ (possibly chometz)	Vitamin C ^{1,3}
Cumin ³	Mustard Flour, Prepared, Seeds	

Infants, people with certain medical conditions, and certain elderly people sometimes are advised by their Rabbis to eat certain kitniyos products. Consult your Rav for direction.

Products bearing a STAR-K P on the label do not contain Kitniyos Shenishtanu (kitniyos that have been manufactured and transformed into a new product).

1. Kitniyos Shenishtanu
2. The bulbs, root, and greens of these items are not kitniyos; it is only the seeds we avoid.
3. Unless bearing a reliable Passover Certification.
4. 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.