

# 2024 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”

Aniseeds <sup>4,6</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	Soybeans & Soybean 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>4,6</sup>	MSG <sup>7</sup>	Tofu
Corn & Corn Oil	Mustard flour, prepared seeds	Vegetable Oil <sup>3</sup>
Cumin <sup>4,6</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 are an issue.

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.