

List of Commonly Accepted Products that are Considered Kitniyos
(adapted from JSOR.org Pesach website)

The following are considered Kitniyot or treated as Kitniyot according to many opinions:

Anise	Licorice
Ascorbic Acid (May be Chometz)	Lucerne
Aspartame (Nutrasweet)	Lupine
Beans	Maltodextrins (Chometz or Kitniyos derived)
Black Eyed Peas	Millet
Buckwheat	MSG
Calcium Ascorbate	Mustard
Canola Oil	Peanuts
Caraway	Polysorbates (May be Chometz)
Citric Acid (May be Chometz)	Popcorn
Chickpeas	Poppy Seeds
Confectioners' sugar with corn starch	Rice (Vitamins added may be Chometz)
Coriander	Sesame Seeds
Corn	Snow Peas
Corn Syrup	Sodium Citrate (May be Chometz)
Cumin	Sodium Erythorbate (May be chometz)
Dextrose	Sorbitol (May be Chometz if produced outside US)
Fennel	Soy Oil
Fenugreek	Corn Oil
Flax Seed	Soy
Hemp	String Beans
Hydrolyzed Vegetable Oil	Sunflower Seeds
Kasha	Tofu (from soy)
Kimmel	Vitamin C (May be Chometz)
Lecithin	Wild Rice
Lentil	Xanthan gum (May be Chometz).

NOTE: Flax seed and hemp seed are not kitniyot and can be used after checking for other grains.

For additional information regarding kitniyot, please visit the JSOR's website: jsor.org