



KITNIYOS

Chametz includes leavened foods, drinks and ingredients that are made from or contain wheat, rye, barley, oats or spelt. Therefore, all grain products such as breads, cereals and other breakfast foods, grain alcohol, grain vinegar and grain malts, are forbidden during Passover. Certain other foods known as *kitniyot*, such as beans, corn, peas, rice, alfalfa sprouts, bean sprouts, green beans, mustard, and the derivatives of these foods, are not eaten by Ashkenazic Jews due to their similarity to the five *chametz* grains. (For more information on foods which may be *kitniyos* see the color-coded [Shopping Guide](#).)

≈ There are many differences in the *halachot* followed by the Ashkenazic (Jews of European descent) and Sephardic (Jews of Mediterranean, West Asian or Spanish descent) communities, and the laws of *chametz* are no exception. Some Sephardim have adopted the Ashkenazic custom of refraining from rice and *kitniyos* during Passover. Others do eat rice, however it must be checked three times prior to Passover to make absolutely certain there are no kernels of *chametz*. In order to determine your family's customs, as well as to determine what Rabbinic certification is required on products containing *kitniyos*, it is important to contact your Orthodox Rabbi, especially one who is well-versed in the laws followed by Jews of Sephardic descent during Passover.

One should not rely on listed ingredients on the label alone to determine whether a product merely contains *kitniyos* and may be used on Passover as many times these products may contain actual undeclared *chametz*.