

## How Foods Can Be Chametz

### חטים Wheat

#### Obvious Chametz

Bread  
Cookies  
Crackers  
Pasta  
Pizza  
Pretzels  
Wheat farina

#### Other Chametz

Flour  
Sourdough (שאור)

#### Check Ingredients

Benefiber  
Licorice  
Matzah  
Pet Food  
Play-Doh  
Pringle's  
Soy Sauce

#### May be mixed in

Quinoa  
Low-calorie  
sweeteners  
Caraway, cumin,  
coriander, dill, &  
fennel seeds  
Instant coffee

### שבולת שועל Oats

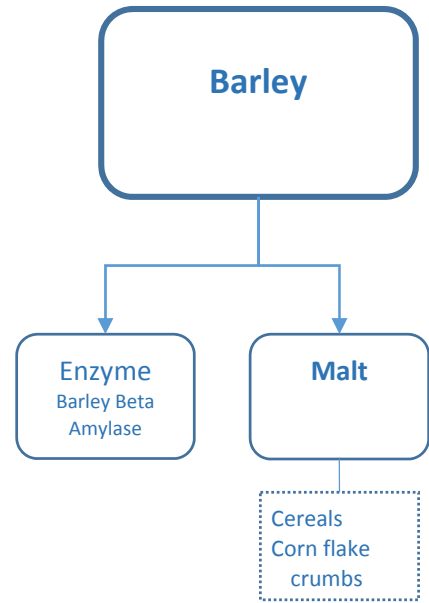
Oatmeal  
Colloidal oatmeal  
Rice cereal (flakes)

### כוסמין Spelt

### שיפון Rye

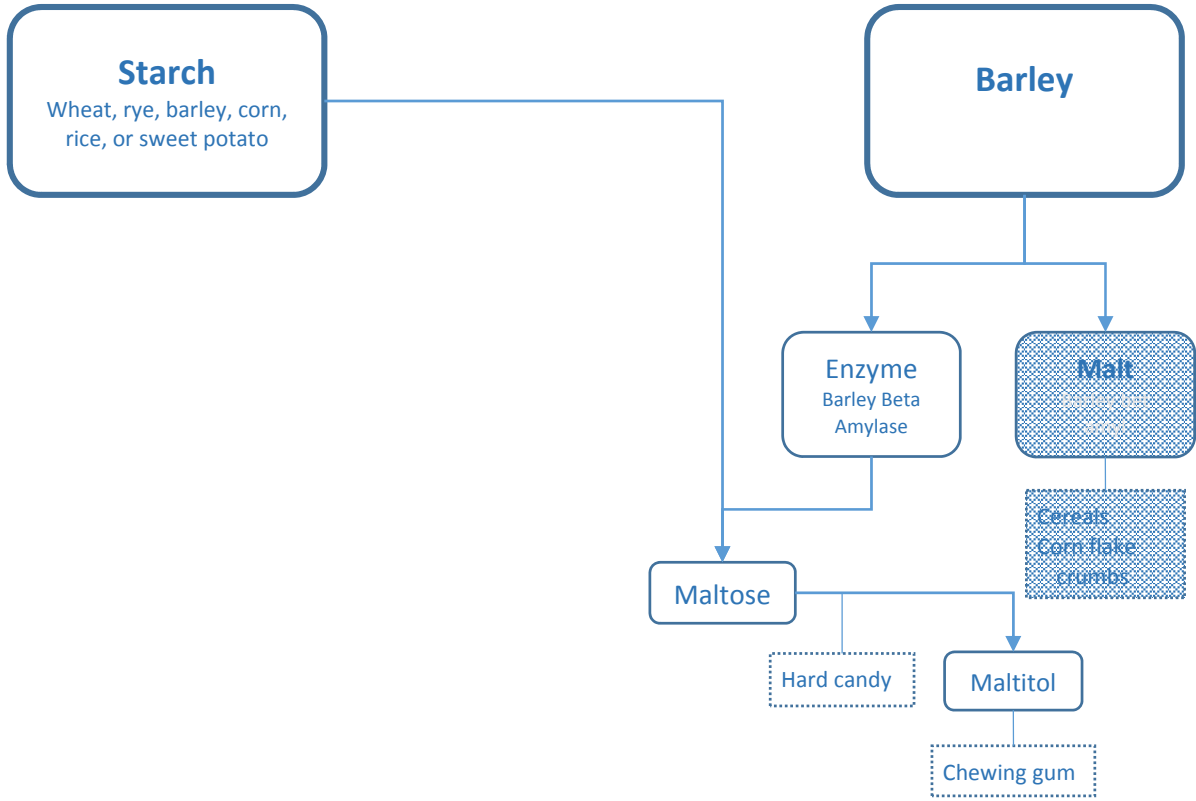
### שעורים Barley

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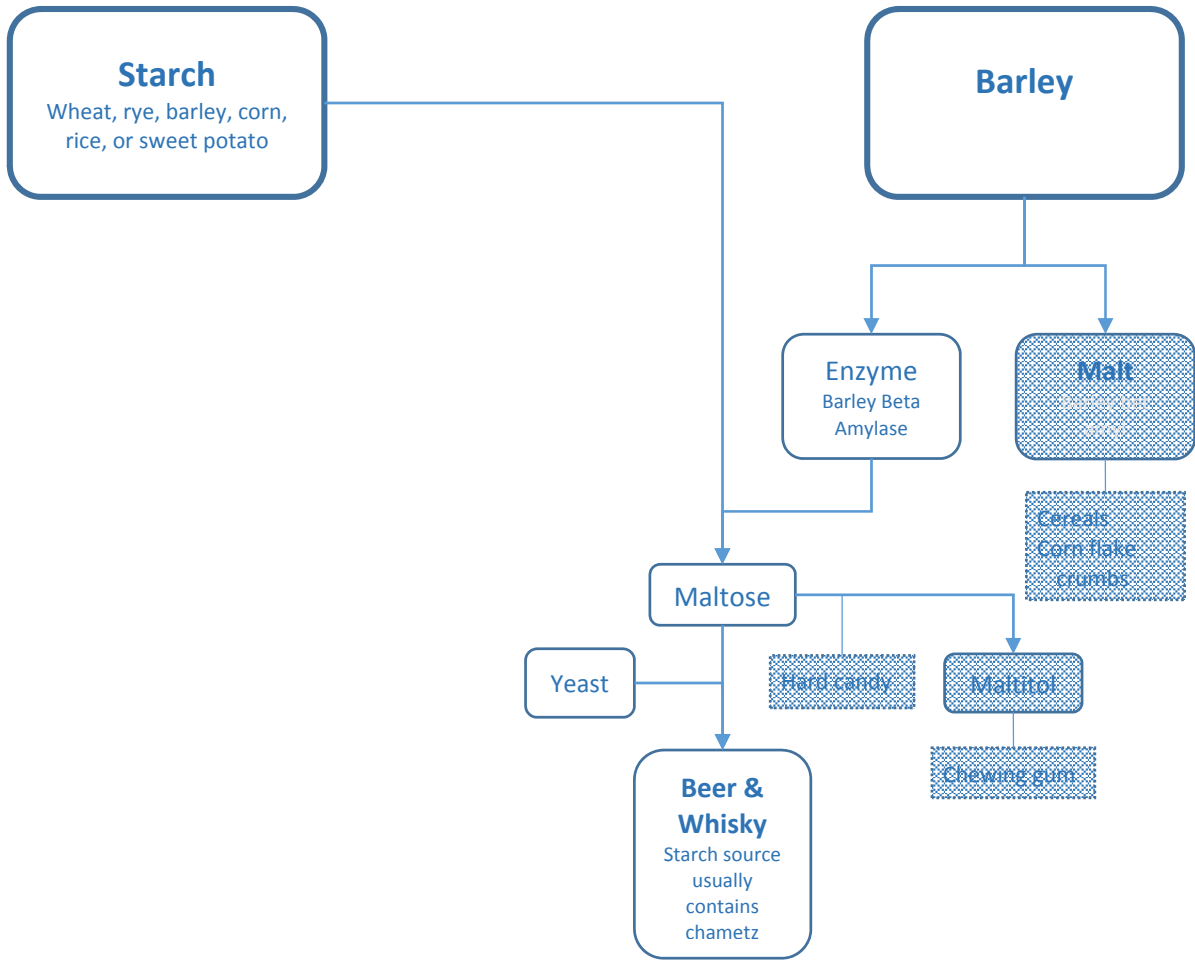
Legend	
	A changes into B
	A is an ingredient in B
	B is a byproduct of A

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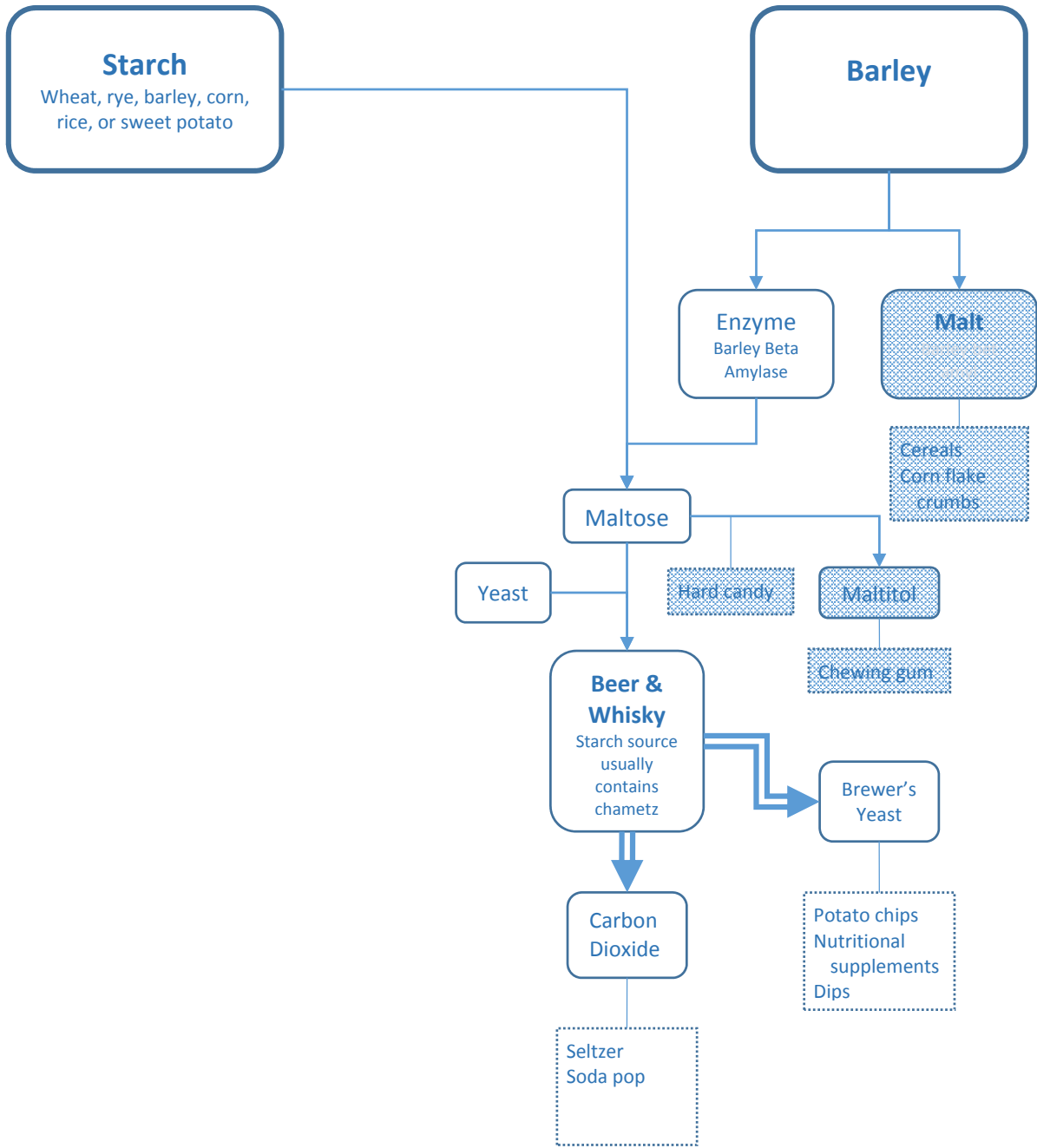
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A — B	A is an ingredient in B
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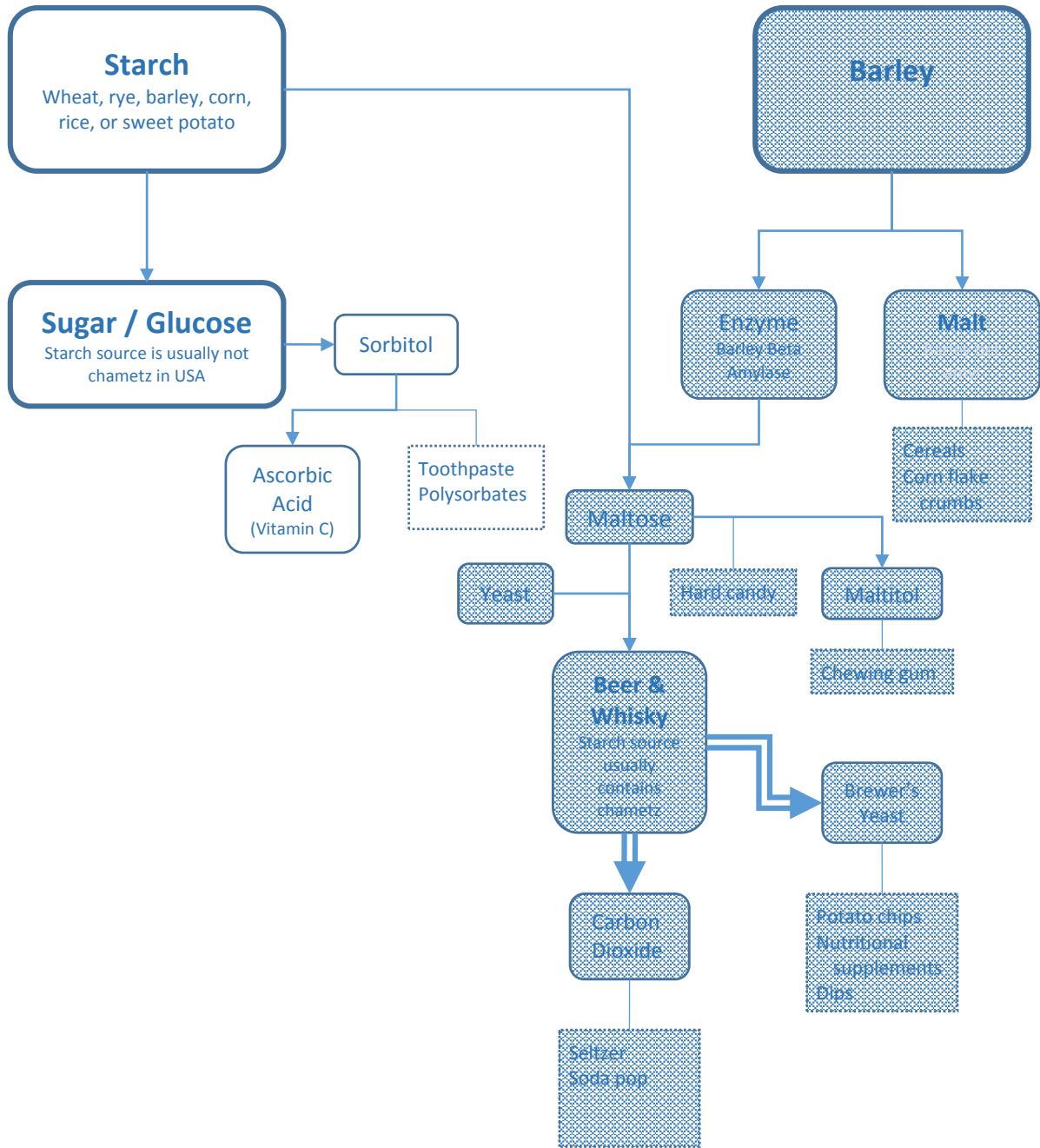
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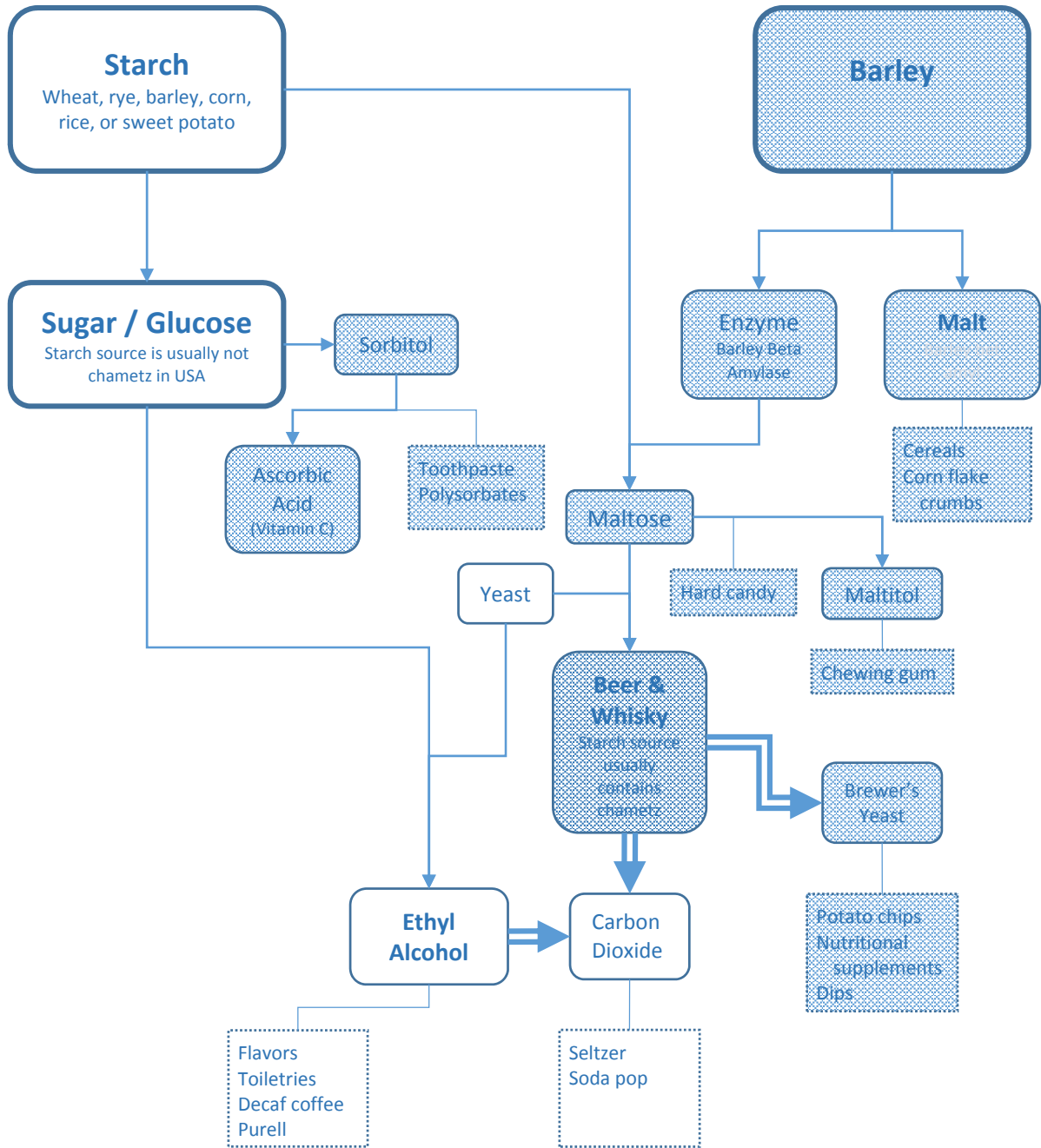
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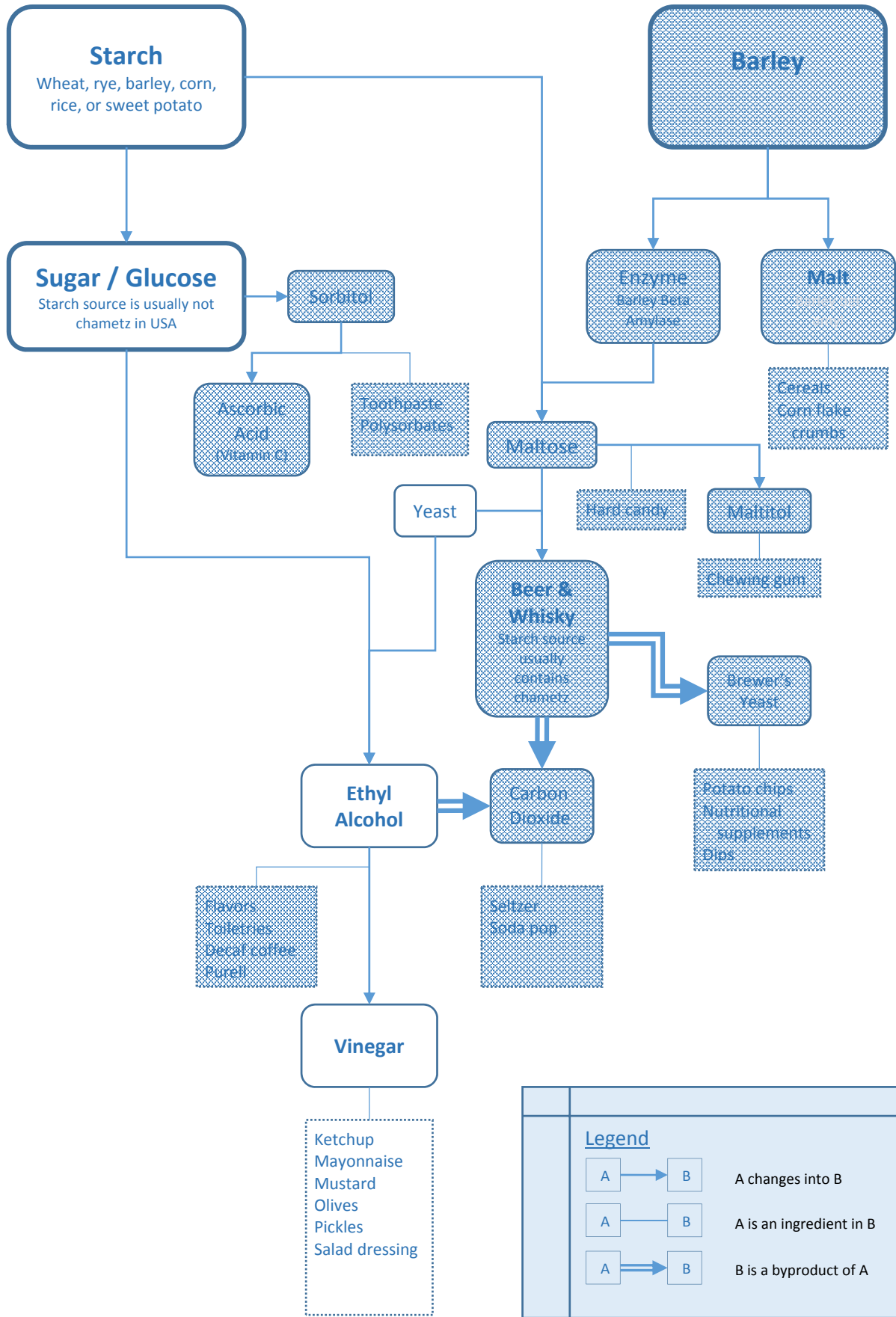
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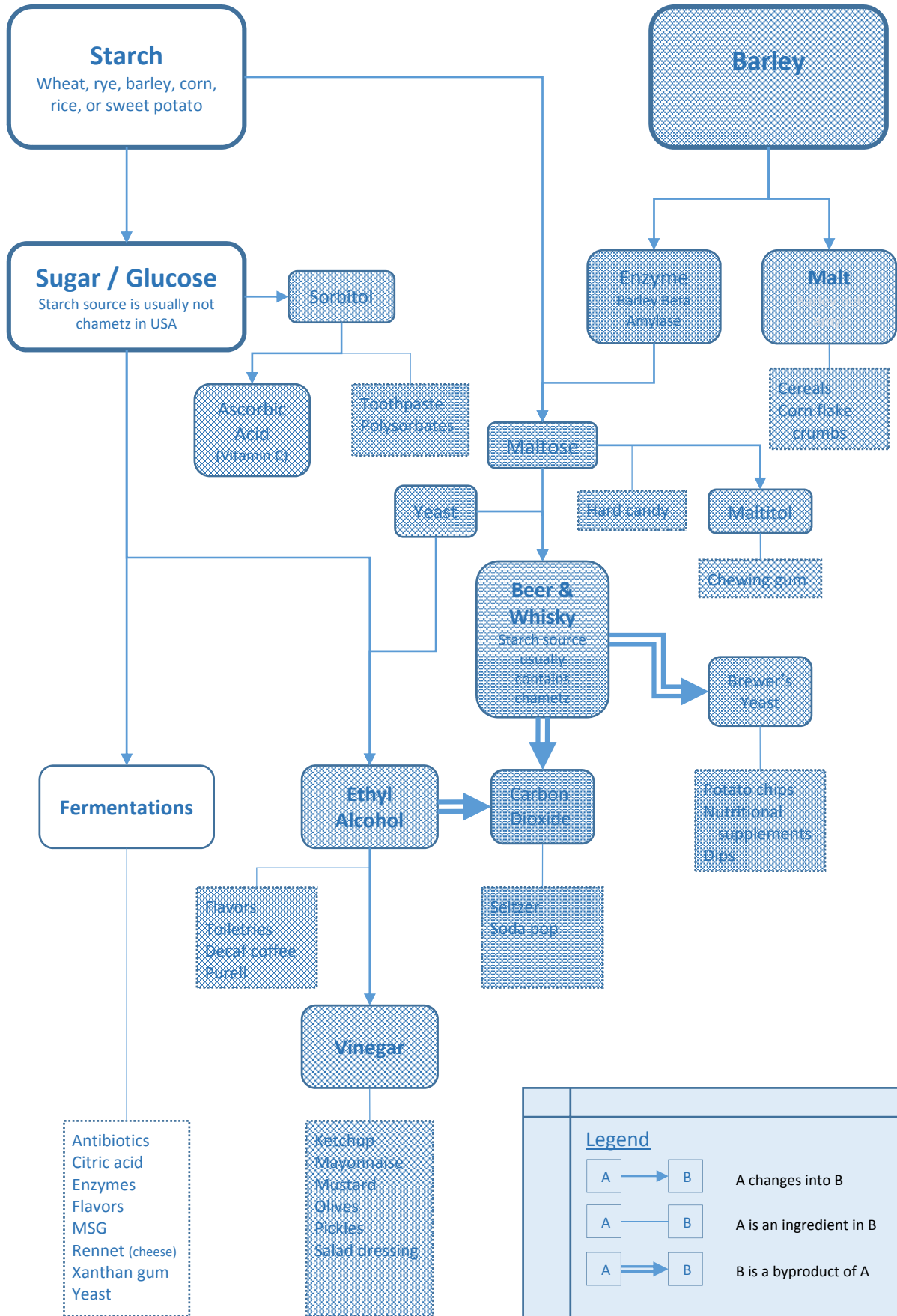
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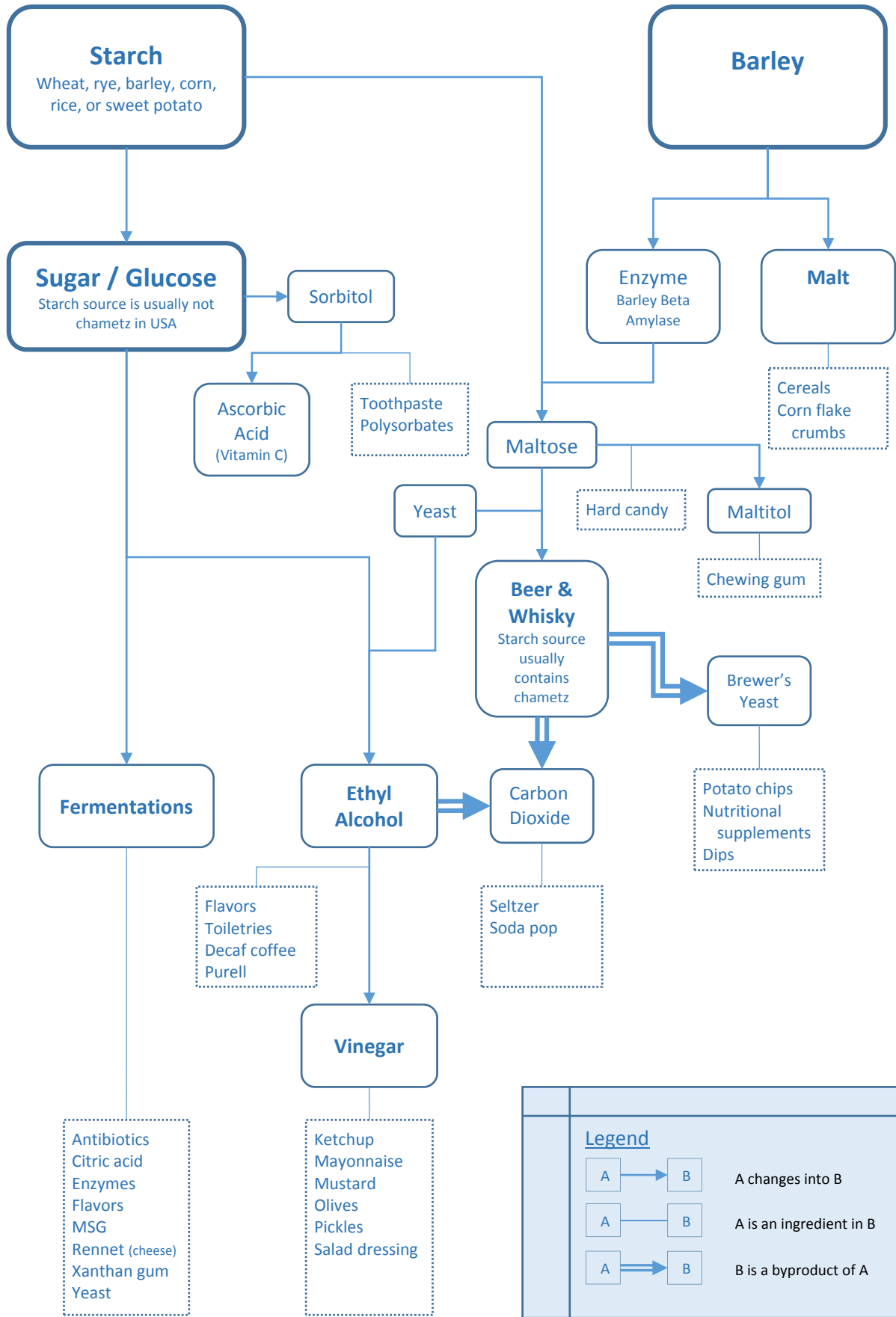




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**Legend**

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- A — B      A is an ingredient in B
- A ⇌ B      B is a byproduct of A

