



Inedible - Part 1 


- Adhesive bandages
- Baby oil
- Baby ointment
- Band-aids
- Bleach wipes*
- Blush
- Body wash
- Candles*
- Charcoal*
- Contact lens solution
- Corn remover
- Creams (e.g. cosmetics)
- Crock pot liner*
- Detergent
- Dishwashing soap
- Eye drops
- Eye liner
- Eye shadow
- Fabric protector
- Fabric softener
- Foot powder
- Furniture polish
- Glue
- Hair gel




Inedible - Part 2 

- Ink
- Insecticide, sprays
- Insecticide, traps*
- Laundry detergent
- Liquid dish detergent*
- Lotions
- Mascara
- Nail polish
- Nail polish remover
- Ointments
- Oven cleaner
- Petroleum jelly
- Plastic (cutlery, plates)
- Plastic wrap*
- Polish (for furniture, shoes, silver)
- Powdered dish detergent
- Scouring pads
- Shampoo
- Silver polish
- Soaps
- Stain remover
- Stick deodorant
- Styrofoam
- Suppositories
- Vaseline
- Wax for braces



Innocuous 

- Ammonia unflavored*
- Baking soda
- Bicarbonate of soda
- Bleach
- Coconut (shredded), unsweetened &
- Eggs, cooked or liquid*
- Eggs, whole and raw (including pasteurized)*
- Hydrogen peroxide
- Ice (in bag)
- Isopropyl alcohol
- Mineral oil
- Paraffin
- Wood chips



Complex



- Candy
- Dessert gels & puddings
- Food coloring
- Frozen dinners
- Gum (chewing)
- Soup mix
- Syrups*
- Vitamins



Mouth



- Braces*
- Chewing tobacco*
- Dental floss or tape, flavored*
- Dental floss or tape,
- unflavored*
- Dentures*
- Listerine
- PocketPaks*
- Toothpicks, colored*
- Toothpicks,
- flavored*
- Toothpicks, without flavor or color*



Coating





- Aluminum products*
- Bags*
- Balloons*
- Dates*
- Dried fruit*
- Gloves
- (disposable), powder free*
- Gloves (disposable), powderless or with powder*
- Orthodontics*
- Parchment
- paper*
- Prunes*
- Raisins*





Paper

- Coffee filters (including bags)
- Contact paper
- Cutlery (plastic)
- Napkins
- Paper products
- Wax paper
- Plates (including paper, plastic & Styrofoam)
- Tissues

Chametz


- Benefiber*
- Brewer's yeast*
- Flour*
- Matzah*
- Play-doh*


Alcohol


- Air Freshener, liquid*
- Air freshener, solid*
- Alcohol, for drinking*
- Baby wipes*
- Isopropyl alcohol*
- Liqueur*
- Liquor*
- Sanitizers (e.g. Purell)*





Vinegar 

- Horseradish, prepared
- Horseradish, raw
- Ketchup
- Mayonnaise
- Pickles
- Sour tomatoes
- Vinegar




Kitnios - Part 1 


- Antacid (chewable)
- Alfalfa
- Amaranth*
- Anise*
- Baby powder*
- Baking powder
- Bean sprouts
- Beans
- Buckwheat
- Buckwheat pillow*
- Canola oil
- Caraway*
- Chickpeas
- Cloves*
- Cooking oil spray
- Coriander seeds*
- Corn & corn products (e.g. corn syrup)
- Cumin*
- Dill, Leaves*
- Dill, Seeds*

Kitnios - Part 2 


- Edamame
- Fennel, Leaves*
- Fennel, Seeds*
- Flax seeds
- Green beans
- Hemp
- Kasha
- Kimmel*
- Lentils
- Millet
- Mustard
- Nuts, [other than peanuts], blanched*
- Nuts, [other than peanuts or pecans], not blanched or roasted*
- Nuts, [other than peanuts], roasted*
- Oil

Kitnios - Part 3 

- Peanuts* raw without additives
- Peas Quinoa*
- Pecans (all, shelled) Rice milk (may also contain chametz)
- Popcorn Rice, including wild rice
- Poppy seeds Saffron, whole*
- Potato chips
- Pumpkin seeds, Sesame seeds
- Shortening
- Snow peas
- Sorghum

Kitnios - Part 4 

- Soy milk Sunflower seeds Vegetable oil
- Soy products Tofu Wild rice
- Soy sauce (may also contain chametz) Tums Yeast*
- String beans Turmeric, whole




Vegetables 

ADDITIVES


BLANCHING

CANNING


Vegetables




- Baby carrots, canned*
- Baby carrots, cooked*
- Baby carrots, frozen*
- Baby carrots, raw (with no additives)
- Baby food*
- Carrots, canned*
- Carrots, cooked*
- Carrots, frozen*
- Carrots, raw
- Coconut (shredded), flavored
- Coconut (shredded), sweetened
- Garlic, fresh
- Garlic, peeled (in jars or cans)*
- Mushrooms, canned*
- Mushrooms, raw or dried
- Pineapple (canned)*
- Salads (bagged)*
- Tomato-based products*
- Vegetable wash
- Vegetables, canned*
- Vegetables, cooked*
- Vegetables, fresh raw
- Vegetables, frozen*




Fruit




- Apple sauce*
- Canned fruits (any)*
- Cocoa powder*
- Fruit preserves*
- Fruit, canned*
- Fruit, cooked
- Fruit, dried
- Fruit, fresh
- Fruit, frozen (if not sweetened or cooked, and without sensitive additives)
- Fruit, sweetened*
- Jam*
- Jelly*
- Olive oil, extra virgin (unflavored)*
- Olive oil, all (including extra light) other than extra virgin*



Juice





- Apple juice
- Fruit juice, concentrates other than orange juice
- Grape juice
- Grapefruit juice
- Juice (fruit), concentrates from all except orange juice
- Juice (fruit), pure concentrated orange juice*
- Lemon juice
- Orange juice





Cold Drinks

- Beverages
- Cooking wine*
- Lactaid, chewable pills
- Lactaid, milk*
- Lactaid, non-chewable pills
- Mineral water, free of
- carbonation, flavors and vitamins
- Pop*
- Seltzer*
- Soda*
- Water, carbonated*
- Water, flavored*
- Water, with vitamins
- Water, without carbonation, flavors, or vitamins
- Wine*


Coffee & Tea


- Coffee whitener
- Coffee, flavored*
- Coffee, plain beans
- Decaffeinated
- coffee or tea*
- Herbal tea*
- Instant coffee or tea*
- K-Cups*
- Tea, flavored*
- Tea, pure black, green, or white tea leaves or tea bags, which are not flavored, instant, or decaffeinate


Dairy

- Butter*
- Cheese*
- Cheese spreads*
- Ice cream*
- Ices*
- Margarine*
- Milk*
- Non-dairy creamer*
- Sherbet*
- Sorbet*
- Yogurt*

Meat & Fish


<ul style="list-style-type: none"> ■ Fish, canned* ■ Fish, fresh ■ Fish, frozen* ■ Fish, processed* ■ Meat, cooked* ■ Meat, fresh or frozen raw meat in original packaging* 	<ul style="list-style-type: none"> ■ Meat, ground* ■ Meat, repacked* ■ Poultry, cooked* ■ Poultry, fresh or frozen raw poultry in original packaging* ■ Poultry, ground* ■ Poultry, 	<ul style="list-style-type: none"> repacked* ■ Salmon, canned* ■ Salmon, fresh* ■ Salmon, frozen* ■ Salmon, processed* ■ Tuna fish (canned)
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Seasoning


<ul style="list-style-type: none"> ■ Aspartame* ■ Brown sugar* ■ Confectionary sugar* ■ Honey* ■ Invert sugar* ■ Monosodium glutamate* 	<ul style="list-style-type: none"> ■ Pam* ■ Salt, with iodine* ■ Salt, without iodine or other additives* ■ Spices (which are not kitnios), ground* ■ Spices (which are 	<ul style="list-style-type: none"> not kitnios), whole* ■ Splenda* ■ Stevia* ■ Sugar substitutes* ■ Sugar, brown* ■ Sugar, pure white cane sugar without additiv
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