

# Kitniyot List

*Prepared by:* OU Kosher Staff

The following are considered **Kitniyot**:

- Beans
- Buckwheat
- Caraway
- Cardamom
- Corn
- Edamame
- Fennel Seeds
- Fenugreek
- Flaxseed (Linseed)
- Green Beans
- Hemp Seeds
- Lentils
- Millet
- Mustard
- Peas
- Poppy Seeds
- Rapeseed
- Rice
- Sesame Seeds
- Soybeans
- Sunflower Seeds
- Teff

The following are not considered **Kitniyot**, but may require special checking:

- Anise
- Carob
- Chia Seeds
- Coriander
- Cottonseed
- Cumin
- Guar Gum
- Locust Bean Gum
- Safflower
- Saffron

The following may be **Kitniyot** and are therefore not used:

- Amaranth
- Peanuts