



Kitniyot Guidelines - Shivtei 2024

Dear Members

One of the biggest changes for people who make aliyah is figuring out how to deal with Kitniyot on Pesach in Israel. Things are very different in Israel than in Chutz La'aretz. I am sharing with you a short summary of this important halakhic topic.

שנזכה לראות גאולה שלימה בימינו

May we merit the coming redemption

Rabbi Bendavid

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According to all major Poskim, the prohibition to eat Kitniyot is without doubt still in force for the Ashkenazi community today.¹

However, this stringency is subject to interpretation. Some treat the decree of Kitniyot more stringently, whereas others treat it more leniently. Those who take the more stringent view apply restrictions to Kitniyot that do not even apply to Chametz. Those who treat it more leniently, such as Rav Kook², Rav Yitzchak Elchanan Spector³, Rav Chaim Danziger,⁴ Rav Eliezer Melamed⁵ etc believe that Kitniyot cannot possibly be treated more stringently than Chametz, even though the original enactment still stands. In these guidelines, we will follow the more lenient opinion that distinguishes between Kitniyot themselves (which are prohibited) and kitniyot derivatives, which are permitted under certain conditions.

Practical Guidelines

- **The following species are considered Kitniyot⁶**

¹ The one exception is Rav Ovadia Yosef's position (Yichavei Daat 1:12) that a person who moves to Israel may adopt the customs of the place where he/she resides. According to Rav Ovadia Yosef, the "customs" of Eretz Yisrael are essentially Sephardic customs as ruled by Rav Yosef Karo in the Shulchan Aruch. If a person chooses to adopt the halakhic rulings of the Shulchan Aruch here in Israel, then one may eat Kitniyot as well, per Sephardic custom. However, it should be clear that Rav Ovadia Yosef is talking about a person who makes a fundamental lifestyle change to "become Sephardic". He is not talking about adopting just one particular custom because of its convenience.

² Orach Mishpat 108-114

³ Be'er Yitzchak siman 11

⁴ Chayei Adam 127

⁵ Pinenei Halakha, <http://ph.yhb.org.il/en/04-09-06/>

⁶ This list is compiled by Rav Eliezer Melamed. <http://ph.yhb.org.il/en/04-09-04/>

- rice, alfalfa, peas, millet, sorghum, chickpeas, fenugreek seeds, sunflower seeds, buckwheat, cumin, vetch, black-eyed peas, arum, soy, mung beans, lentils, fava beans, lupin beans, poppy seeds, pulse, caraway, hemp seeds, common beans, sesame seeds, lupine seeds, corn, clover seed, Saffron, and tamarind fruit.
 - Mustard and flaxseed are not *kitniyot*, but the custom is to forbid them because they grow in pods like *kitniyot*.
- Though there are many poskim who are stringent, there are poskim who rule leniently about the following species:
 - Peanuts** - Rav Moshe Feinstein rules that unless your family has a minhag not to eat peanuts, you may eat them.⁷
 - Soy** - Based on Rav Moshe Feinstein's ruling⁸ that whatever foods were not included in the original kitniyot decree are permitted, Rav Dov Lior rules that Soybeans are not kitniyot. However, most poskim are stringent and consider Soybeans to be kitniyot. Practically, one should not consume soybeans, soy sauce (even if made without wheat). With regards to soymilk, if one is allergic to regular milk, they can use soymilk on Pesach.⁹
 - Quinoa** - This was a new world grain that was not included in the original decree¹⁰
 - String Beans and Fava Beans** - Rav Dov Lior rules that string beans and fava beans in their pods are kosher for Pesach, since in this state they are considered vegetables and not *kitniyot*.
- **Oils Derived from Kitniyot**
 - Canola and Soya Oil - Most Ashkenazim are strict about not consuming these. However, in principle, these oils are permitted for consumption because they do not come into contact with water during their production.¹¹
 - Cottonseed oil - permitted
 - Corn oil is not permitted because it is often produced by soaking the corn in water.
- **Many food products say לאוכלי קטניות בלבד. May one consume any of these products?**
 - One may purchase chocolate bars and sweets that contain lecithin (לציטין). In Hebrew, the product is called לפתית.¹²
 - Tnuva Milky Products - Rav Veitman, the head Rabbi of Tnuva, rules that most milky products like yogurt, cheese, milk etc whose packaging says they have kitniyot in them may be eaten by Ashkenazim on Pesach because the kitniyot ingredients come in such miniscule amounts and they are fully absorbed in the product and nullified before Pesach.¹³

⁷ Igrot Moshe, Orach Chaim 3:63

⁸ Igrot Moshe, Orach Chaim 3:63

⁹ See this article by Rav Veitman, Rav Hamachshir of Tnuva -

<https://www.kashrut-tnuva.co.il/%D7%92%D7%96%D7%99%D7%A8%D7%AA-%D7%A7%D7%98%D7%A0%D7%99%D7%95%D7%AA-%D7%95%D7%9B%D7%A9%D7%A8%D7%95%D7%AA-%D7%97%D7%9C%D7%91-%D7%A1%D7%95%D7%99%D7%94-%D7%91%D7%A4%D7%A1%D7%97/>

¹⁰ The Orthodox Union permits the consumption of Quinoa. See <https://oukosher.org/passover/articles/quinoa-passover/>. Rav Eliezer Melamed also permits Quinoa consumption.

¹¹ See this article by Rav Eliezer Melamed

¹² Lecithin is an emulsifier that is produced from rapeseed or soybean. Some are strict about this. Badatz hechsherim forbid this. But many poskim, including Rav Mordechai Eliyahu and Rav Eliezer Melamed, permit this.

¹³ This is based on the principle of ביטול ברוב - the kitniyot are nullified by the majority of the other ingredients. There is no issue of לכתחילה איסור מבטלין because the products were made for a Sephardic audience and produced before Pesach. See here <http://www.israelhayom.co.il/article/543711>. In truth, the more lenient position on Kitniyot allows one to consume

- **Do I need to sell Kitniyot? May I eat at someone's home who eats Kitniyot?**
 - One does not need to sell or get rid of their kitniyot.
 - One may eat on dishes in the home of a sephardic Jew who eats kitniyot, even if the pots were used to cook on the same day.
 - One may derive benefit from Kitniyot (i.e. feed it to your dog)

- **Rice Cakes**
 - Some rice cakes are produced without coming into contact with water. For this reason, Rav Elyakim Levanon permits rice cakes made by the company B&D.¹⁴ However, most poskim prohibit eating them, including Rav Eliezer Melamed.

- **May one eat popcorn on Pesach?**
 - Those who treat the decree of kitniyot more strictly would not eat popcorn because it contains corn which is listed as one of the kitniyot species.
 - Even those who follow the more lenient position (see above) do not permit the consumption of Popcorn.¹⁵

- **In a year when Pesach ends on a Friday evening, may one consume Kitniyot on Shabbat?**
 - One may consume Kitniyot products on this Shabbat (like snacks with kitniyot) and even cook kitniyot on the last day of Pesach in non-Pesach Keilim (i.e. tins) on condition that one has set aside an Eiruv Tavshilin (רב שבת יגל, בסוד שיח)

- **Can one eat Kitniyot on Erev Pesach?**
 - No. The prohibition of Kitniyot begins as soon as one is not allowed to eat Chametz (around 11 AM).

- **For Vegetarians and Vegans, is Kitniyot permitted on Pesach?**
 - See this Teshuva by Rabbi Daniel Mann - <http://www.erezhemdah.org/newsletterArticle.asp?lang=en&pageid=4&cat=7&newsletter=1068&article=4040>

any product (not just milk products) in which the Kitniyot are one of the many ingredients in the product, are fully absorbed in the product, and do not give off any specific taste.

¹⁴ <https://www.kosharot.co.il/index2.php?id=413768&lang=HEB>

¹⁵ This is despite the fact that from a purely logical standpoint if the Kitniyot do not come in to contact with water, such as in the production of popcorn, it should be permitted, as Rav Dov Lior suggests here <http://www.israelhayom.co.il/article/543711> in theory (but not in practice). See Rav Yuval Cherlow's stringent view here <http://shut.moreshet.co.il/shut2.asp?id=174949>.