

What to Eat for Pesach/Passover

Prohibited Items

In addition to no pork or shellfish products, during the eight (8) days of Passover, these items are prohibited at Temple Beth Torah:

- 1) “The 5 grains” (called Chometz):
Anything made from oats, barley, spelt, rye, wheat
- 2) Legumes (called Kitniyot):
Rice, corn, peas, beans, which includes soybeans;
Anything made from these legumes: soy sauce, cornmeal, hummus from chickpeas, etc.
- 3) Oils (made from Kitniyot):
NO: canola, sunflower, vegetable, corn, peanut, soy

Please Note: you need to read ingredient labels; corn syrup and corn products or soy lecithin are used in a majority of processed items.

Permitted Items

Oils that can be used: olive, cottonseed, safflower, rapeseed, walnut

Good snacks are:

Any fruits—strawberries, raspberries, blueberries, bananas, apples, oranges

Dried fruits: figs, dates, bananas, cranberries, apricots, etc.

Veggies—carrots, cauliflower, cucumbers, celery, jicama, grape tomatoes (no sugar snap peas—they’re legumes!)

Charoset (apples, nuts, wine, cinnamon mixture)

Nuts—cashews, almonds, etc. No peanuts, no sunflower seeds

Box mix—Passover cake mixes

Made-for-Passover chocolate candies

Chocolate cannot have soy lecithin or corn syrup

Hard-boiled eggs

Cheeses

Cottage cheese

Matzo with: cashew butter, almond butter, “simple fruit-style” jams without corn syrup

Gefilte fish

Tuna

Salmon

Meats

Hotdogs (kosher, of course)

Hebrew National Salami or Bologna

Trader Joe’s olive tapenade spread

Juices, sodas without corn syrup

Made-for-Passover small matzo crackers with butters, jellies, cheese, tapenade, on top