

Milk Substitutes, Nutritional Supplements, and Infant Formulas



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Milk Substitutes

There are many people who choose to not use cow's milk due to allergies, sensitivities, or other reasons. For most of the year, these people have a plethora of choices which are certified kosher, but there are almost none which are kosher for Pesach. This article will explore the reasons why so few of these items are available for Pesach, as well as present suitable options.

Concerns

The milk substitute which is most obviously not suitable for Pesach is **oat milk**, as it is a *chametz* mixture of oats and water.

Chametz might also be present in one of these types of beverages as an enzyme, which is to say that one way to convert bland-tasting rice into a sweet-tasting **rice milk** is by using an enzyme produced from barley in a process known as saccharification. There is a minimal amount of barley in the rice milk, but it cannot be *batel b'shishim* because it has such a pronounced effect on the rice (*davar hama'amid*). (Other rice milk is produced without this enzyme and can be *chametz*-free.)

A related issue is that the lactase enzyme used to create lactose-free cow's milk is itself produced in a process called "Koji fermentation" which uses *chametz* components. (For this reason one may not add lactase drops to milk on Pesach, although one may swallow lactase tablets which are not chewable.) However, in this case, the enzyme's role is not considered a *davar hama'amid*; therefore, one may use lactose-free cow's milk purchased before Pesach because the enzyme was already *batel b'shishim* before *Yom Tov*.

Other possible *chametz* concerns in all milk substitutes are the vitamins and flavors. These items tend to be *kitnios* rather than *chametz*, but they are made of so many components that even those who oversee *hashgachah* at these companies must expend considerable effort to determine the status of each specific one. For example, one vanilla flavor which cRc certifies contains 9 ingredients plus 2 sub-formulas, and the sub-formulas contain 15 of their own ingredients. These 24 ingredients are produced by companies all over the world, under a wide assortment of *hashgachos*.

In addition to the possibility of *chametz* in each beverage, the primary ingredient in **soy milk**, **rice milk**, and **hemp milk** is, by definition, *kitnios*. Additionally, most milk substitutes contain other *kitnios* ingredients, such as vegetable oil or thickeners.

A final concern is the equipment on which these beverages are processed. Every milk substitute must be pasteurized at hot temperatures. This means that even if the product itself is free of *chametz* and *kitnios*, it may not be suitable for Pesach use if it was processed on the same equipment as *chametz*. This issue has become more significant in recent years, as the market for oat milk has expanded.

Options

Due to all the concerns noted above, very few companies are willing to go to the lengths required to produce a milk substitute which is certified as kosher for Pesach. This year, there is **almond milk** and **coconut milk** available with *hashgachah* for Pesach, and those are surely a first choice. Another alternative is to search the internet where one can find myriad simple recipes and instructions for producing milk-substitutes at home. Individuals can, thereby, create their own milk substitutes using kosher for Pesach ingredients.

Recognizing that these options are not for everyone, each year the OU investigates different milk substitutes that they certify to determine which, if any, can be recommended for consumers for Pesach. (The OU graciously allows us to make that information available in this Guide, at www.cRcweb.org, www.ASKcRc.org, and on our apps.) These items do not meet the OU or cRc criteria to be certified as kosher for Pesach, but rather are just “recommended” for those with specific medical needs. For example, some, such as **soy milk** and **rice milk**, are obviously *kitnios* and are, therefore, only permitted for those who are ill or have some other special reason why they must consume a given product. Any consumers who are considering using these beverages should consult with their Rabbi before doing so. Similarly, some of the recommended beverages may contain other *kitnios* ingredients, or ingredients which are not suitable for Pesach, but are *batel* in the finished product. Thus, for some consumers, these are acceptable to use on Pesach, but they cannot be certified for Pesach and are not “recommended” for the general public. (Consumers who use these items should consult with their Rabbi as to whether they may be used and washed with Pesach dishes.)

Nutritional Supplements and Infant Formulas

Two related questions are the use of nutritional supplements for those who cannot obtain the required nutrition through a regular diet, and infant formulas for babies. These share many of the same issues as the milk substitutes, in that they generally contain *kitnios* and contain vitamins and other components whose *chametz/kitnios* status is very difficult to determine. Once again, these items cannot be certified as kosher for Pesach, and the OU provides a list of products which it recommends.

There are, however, a few significant differences between these products (nutritional supplements and infant formula) and milk substitutes. Firstly, by their very nature, supplements and formulas are used by people who are invariably permitted to consume *kitnios* (i.e., the infirm and infants). Similarly, these people do not have reasonable alternatives, and, therefore, it is perfectly acceptable for them to use items which rely on *bitul* or other *halachic* considerations that do not apply to those who wish to use milk substitutes. Lastly, there is little concern of these items being produced on the same equipment as *chametz* beverages, such as oat milk. (That said, some supplements contain oats or other *chametz*, and those are not recommended for Pesach.) Accordingly, the list of approved supplements and formulas tends to be much more extensive than the list of approved milk substitutes.



Pesach 2022 List of Milk Substitutes, Nutritional Supplements, and Infant Formulas

The OU has researched the following milk substitutes, nutritional supplements, and infant formulas, and has determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo, unless otherwise stated below.

Most of these products contain *kitnios*, and for some that is the primary ingredient. Products that contain flavors should only be provided when no unflavored alternative exists. With the exception of the flavors used, any item which might be *chametz*-based is used in such small proportions that it is *batel b'shishim* (nullified). Where possible, it is preferred to (a) use a substitute which is certified for Pesach, and (b) use a liquid supplement instead of a powdered one.

Milk Substitutes only in shelf-stable non-refrigerated containers

- Almond Breeze Original
- Rice Dream Classic Original
- Soy Dream Original Enriched

Medical Nutritional Supplements

Products with an asterisk (*) contain oat fiber that is not *chametz*.

- Abound
- Arginaid
- Arginaid Extra
- Benecalorie
- Beneprotein
- Boost Glucose Control
- Boost High Protein
- Boost Nutritional Pudding
- Boost Plus

- Calcilo XD
- Cyclinex
- Diabetishield
- Diabetisource AC
- Elecare
- Enfamil (all liquids, all powders, all flavors)
- Enlive
- Ensure (all shakes, all liquids, all powders, all flavors, excluding bars)
- Fibersource HN
- Glucerna (all shakes, all powders, all flavors, excluding bars)
- Hi-Cal
- Hominex
- Isosource
- Isosource HN with Fiber
- I-Valex
- Jevity (all liquids, all powders)
- Juven
- Ketonex
- Nepro (all shakes, all powders, all flavors)
- Novasource Renal Nutren (Product line)
- Osmolite - All
- Perative
- Phenex
- Portagen
- Promote (except Promote with Fiber)
- Propimex
- Provimin
- Pulmocare (all flavors)
- RCF

- Resource 2.0
- Resource Dairy Thick
- Resource Diabetic
- Resource Milk Shake Mix
- Resource Thicken Up
- Resource Thickened Juice
- Resource Shake Plus Simply Thick
- Suplena with Carbsteady
- Thick & Easy -- All
- Thick-It
- Twocal HN
- Tyrex
- Vital Peptide
- Vivonex Pediatric
- Vivonex Plus
- Vivonex Ten

Pediatric Supplements

- Boost Kid Essentials, 1.0, 1.5
- Boost Kid Essentials with Fiber
- Di-Vi-Sol
- Fer-In-Sol Drops
- Poly-Vi-Sol Drops
- Tri-Vi-Sol Drops
- Resource Just for Kids with Fiber
- Pediasure (all shakes, all liquids, all powders, all flavors, excluding bars)
- Pro-Phree

Pediatric Electrolytes

- Bright Beginnings
- Comforts for Baby
- Cottontails
- CVS Pharmacy
- Enfamil Enfalyte Oral Electrolyte Solution
- Goodness
- H-E-B Baby
- Home 360 Baby

- Meijer
- Mom to Mom
- Naturalyte
- ShopRite
- Parent's Choice
- Pedialyte (all flavors)
- Top Care
- Walgreen's
- Western Family

Infant Formulas

- 365 Everyday Value
- Ahold
- Always My Baby
- Ameribella
- America's Choice for Baby
- Baby Basics
- Baby's Choice
- Bear Essentials
- Being Well
- Belacta
- Belacta Premium
- BelactaSure
- Berkley & Jensen
- Bobbie
- Bright Beginnings
- Calcilo XD
- Cyclinex
- CareOne
- Comfort
- Cottontails
- Cozy Care
- CVS
- Daily Source
- D-G Health
- Earth's Best
- EleCare



The OU has researched these nutritional supplements and infant formulas and determined that they are respectively suitable for someone who is infirm (*choleh she'ain bo sakanah*) and for infants, when bearing the OU logo. **Most of these products contain *kitnios*, and for some that is the primary ingredient.**

- EnfaCare (all liquids, all powders)
- Enfagrow (all liquids, all powders)
- Enfamil (all liquids, all powders)
- Enfaport (all liquids, all powders)
- Equate
- Food Lion
- Full Circle
- Gerber Good Start
- Giant
- Giant Eagle Baby
- Good Sense
- Hannaford
- Happy Baby
- H-E-B
- Heinz Nurture
- Home 360 Baby
- Isomil (all liquids, all powders)
- Ketonex
- Kirkland Signature
- Kuddles
- Laura Lynn
- Lidl
- Life Brand
- Little Journey
- Little Ones
- Meijer Baby
- Member's Mark
- Mom to Mom
- Mother's Choice
- Nature's Place
- Nestle Good Start
- Next Step
- NutraEnfant
- O Organic
- Parent's Choice
- Premier Value
- President's Choice

- Price Chopper
- ProSobee (all liquids, all powders)
- PurAmino
- Publix
- RCF
- Rite Aid
- Shopko
- Signature Care
- Similac (all liquids, all powders)
- Simply Right
- Sound Body
- Stop & Shop
- Sunrise
- Supervalu
- Target
- Tippy Toes by TopCare
- Top Care
- Topco
- True Goodness
- Tyrex
- Up & Up
- Vermont Organics
- Walgreens
- Wegmans
- Welby
- Well Beginnings
- Wellsley Farms
- Western Family

Baby Food

Gerber (when bearing OU symbol)

- Carrots - acceptable for Pesach *l'chatchila* (even for adults)
- Green Beans – *kitnios*
- Squash - acceptable for Pesach *l'chatchila* (even for adults)
- Peas – *kitnios*

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