

**Allowable Fruits and Vegetables versus Unallowable Herbs and Spices**  
**(note: the following is NOT a complete listing.)**

Considered as Fruits and Vegetables (as long as fresh and plain)	Allowable (Yes or No)	Reason, if not allowable
Cactus Leaves (Nopales)	Yes	
Chili peppers	Yes	
Jalapeño peppers	Yes	
Red, bell, and yellow peppers	Yes	
Edamame	Yes	
Garlic	Yes	
Green onions	Yes	
Pumkins (unpainted)	Yes	
Sweet Potatoes	Yes	
Yams	Yes	
Herbs and spices (whether fresh or dried)		
Anise	No	herb
Basil	No	herb
Bay leaves	No	herb
Caraway	No	herb
Chervil	No	herb
Chives	No	herb
Cilantro	No	herb
Cinnamon	No	spice
Dill	No	herb
Fenugreek	No	herb
Ginger	No	spice
Horseradish	No	herb
Lemon grass	No	herb
Marjoram	No	herb
Mint	No	herb
Oregano	No	herb
Parsley	No	herb
Rosemary	No	herb
Sage	No	herb
Savory	No	herb
Tarragon	No	herb
Thyme	No	herb

Updated: August 2010