**Foods that Contain Pork**

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most kinds of marshmallows



Starburst



gummy bears



Some Pop Tarts (not all)

Foods that **DO NOT** contain pork

Yoplait Trix yogurt

(all Yoplait yogurts are OK)



Wonka Sweetarts jellybeans



Sun Opta Frit Bars



Doritos Nacho Cheese



Flaming Hot Cheetos

Website for a list of Frito-Lay products that do not contain pork:

<http://www.fritolay.com/your-health/us-products-made-without-porcine-enzymes.html>

Look on the back of the product. If you see a ‘K’ or a ‘U’, it means it’s certified Kosher, and contains no pork.