

# No-Pain Foods

List and advice from Supreme Master Ching Hai (vegan)

## Grains & Cereals



Rice



Corn (fresh & dry)



Wheat (bread, pasta, noodles)



Amaranth



Oats



Barley



Job's tears



Sorghum



Buckwheat



Millet



Quinoa



Couscous



Teff  
(Eragrostis tef)

**Seeds (all)**

(Including those not mentioned below)



**Pumpkin seeds**



**Sunflower seeds**



**Melon seeds**



**Lotus seeds**



**Coffee**



**Sesame seeds**



**Flaxseed**

**Beans & Nuts**



**Beans + lentils**  
(all kinds, both dry & fresh)



**Peanuts**



**Macadamia nuts**



**Hazelnuts**



**Almonds**



**Pistachios**



**Pecans**



**Pine nuts**



**Plus most nuts, if they fell off the tree naturally.**





## Vegan Protein



**Dry soy**  
texture & powder



**Dry wheat**  
texture & powder



**Tofu**

**Tempeh**



**Vegan ham**



**Vegan sausages**



**Vegan seitan**  
(if made from foods on the No-pain  
foods list)

## Oils & Fats



**Flaxseed oil**



**Peanut oil**



**Sesame oil**



**Avocado oil**



**Tea tree oil**



**Sunflower oil**



**Vegan butter**  
(no olive oil)

## Condiments & Sweeteners



**Salt**



**Vegetable broth**  
(if made from foods on the No-pain foods list)



**Maggi-sauce**



**Soya-sauce**



**Beet sugar**  
(from sugar beet)



**Vegan cane sugar**  
(white, brown, caster, raw – in moderation)



**Agave juice/ syrup**

## Pepper



**Poblano pepper**



**Jalapeño pepper**



**Habanero pepper**



**Trinidad perfume pepper**



**Fresno pepper**



**Portugal hot pepper**



**Paprika pepper**



**Sweet banana pepper**





**Carmen pepper**



**Shishito pepper**



**Golden treasure pepper**



**Tequila sunrise pepper**



**Jimmy nardello pepper**



**Italia pepper**



**Mocha swirl hybrid pepper**



**Nibbler hybrid pepper**



**Tangerine dream pepper**



**Tolli's sweet Italian**



**Sheepnose pimento pepper**



**Cherry stuffer hybrid pepper**



**Slovana pepper**



**Peppigrande hybrid pepper**



**Cayenne pepper**



**Anaheim  
pepper**



**Serrano  
pepper**



**Chilaca pepper  
(also called Pasilla pepper  
when dried)**



**Aleppo pepper**



**Chili de Arbol**



**Aji Mango Pepper**



**Thai chili peppers**



**Sichuan peppercorn**



**Wiri Wiri pepper**



**Dried Cascabel Chile  
Pepper (Bola Chile)**



**And other very tiny sharp peppers.**





# Vegetables



**Chicory**



**Chinese broccoli**



**Tatsoi**



**Kale**



**Swiss chard**  
(all other types)



**Collard greens**



**Rhubarb**



**Romaine lettuce**



**Celery**



**Chinese celery**



**Bok choy**  
(white stem)



**Cress**



**Rocket (Arugula)**



**Watercress**



**Water spinach**



**Stinging nettle**



**Cabbage**



**Chinese cabbage**



**Iceberg lettuce**



**Radicchio**



**Endive**



**Broccoli**



**Brussels sprouts**



**Cauliflower**



**Tomatoes**



**Wild mustard**



**Mustard greens**



**Mustard leaves**



**Cucumber**



**Asparagus**



**Artichokes**



**Seaweed**



**Dandelion**  
(all colors and the roots)





**Arrowroot**



**Taro**



**Yams**



**Cassava**



**Potatoes & Sweet potatoes**  
(all other types)



**Ginger**



**Ginseng**



**Kohlrabi**



**Turnip**



**Beetroot**



**Purple daikon radish**



**Leek**



**Sprouts (all)**



**Mushrooms**  
(if safe)



Including young sprouts of coriander, soya beans, pumpkin seeds, etc.

Plus onions & garlic.



## Herbs & Spices



**Parsley**



**Sage**



**Marjoram**



**Cilantro**



**Spearmint**



**Dill**



**Piper lolot leaves  
(Piper Sarmentosum)**



**Sawtooth  
coriander**



**Anredera cordifolia  
(Madeira vine)**



**Rice paddy herb  
(Ngò ôm/Ngô)**



**Coronarum linn  
(Tần ô)**



**Thai Basil  
(Húng quế)**



**Cardamom**



**Star anise**



**Cloves**



**Coriander  
seeds & powder**



**Cumin seeds  
& powder**



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## Cucurbitaceae family

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**Carnival squash**



**Hubbard squash**



**Delicata squash**



**White acorn squash**

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## Fabaceae family

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**Italian flat bean**



**Pole flat bean**



**Romano flat bean**



**Snow peas**



**English peas  
(garden peas)**



**Sugar snap peas**



**Runner flat beans**

# All Melons

(Including those not mentioned below)



**Watermelon**



**Cantaloupe melon**



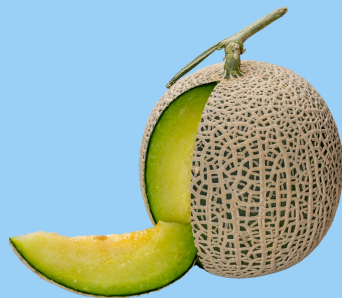
**Galia melon**



**Canary Melon**



**Charentais melon**



**Honeydew melon**



**Winter Melon**



**Snap Melon**



**Santa Claus Melon**



**Hami melon**



**Casaba melon**



**Crenshaw melon**



**Horned melon**



**Bailan melon**



**Bitter melon**



**Citrus fruits (without the stem or any parts of the stem, such as the fruit head attached to the stem, except for oranges and lemons)**



## Fruits



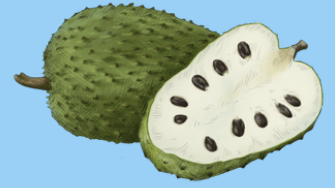
**Tangerine**



**Longan**



**Lychee**



**Soursop**  
(Mãng cầu xiêm)



**Pomelo**



**Lime**



**Passion fruit**



**Bananas**



**Star fruit**



**Avocado**



**Palm dates**  
(if ripe)



**Gac fruit**  
(Trái gấc)



**Syconium**  
(Sung)



**Noni**  
(Trái nhàu)



**Apricot**



**Purple plum**



**White plum**



**Red peach**



**Japanese peach**  
(white and pink)

♥♥ Plus some berries, if they come easily off the bush, and any fruits that fell naturally off the tree.

**Please note: This is not an exhaustive list.**

**Rough rule: If a plant's body consists mostly of water or fiber, it is most likely painless – with some exceptions.**

## New No-Pain Foods (Updated on February 15)



**Cactus Syrup/ Cactus Sugar**  
(made from prickly pear cactus)

**Gourd**

**Sapodilla**

**Custard apple**



**Tamarind**  
(*Tamarindus indica*)

**Langsat**

**Persimmon**

**Hala tree fruit**



**Prickly Pear**

**Pitaya (Dragon fruit)**

**Hog plum**



**Lotus root**

**Fennel fronds**

**Okra**



**Salsify**

**Chayote**

**Breadfruit (*Artocarpus altilis*)**



# Plants That Feel Pain When Plucked

Note: These are just a few examples –  
Most plants fall into this category.



**Apples**



**Oranges**



**Mangoes**



**Papaya**



**Pears**



**Lemons**



**Kiwis**



**Pineapples**



**Strawberries**



**Blueberries**



**Coconut**



**Cashews**



**Walnuts**



**Spinach**



**Vietnamese coriander (Rau răm)**



**Fish mint (Diếp cá)**



**Violet shiso (Tía tô)**



**Mint (Húng lủi)**



**Radishes (except purple daikon)**



**Carrots**



**Pumpkin (including flower)**



**Eggplant (Aubergine)**



**Asparagus setaceus**



**Rosemary**



**Tea**



**Honey**



**Eucalyptus oil**



**Olive oil**



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## Pepper

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**Buran pepper**



**Peppercorns**



**Hot Fajita pepper**



**Banana Chili  
Peppers**



**Aji Amarillo  
pepper**



**Mirasol pepper**



**Piri Piri  
(various types & shapes)**



**Cascabel Chile  
Pepper (Bola Chile)**



**Scotch bonnet  
pepper**



**Pequin pepper**



**Tepin pepper**

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## Squash

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**Sugar pumpkin**



**Butternut squash**



**Spaghetti squash**



**Honeynut squash**



**Acorn squash**



**Red Kuri squash**



**Turban squash**



**Sweet dumpling squash**



**Buttercup squash**



**Green Kabocha squash**



**Red Kabocha squash**

**Please remember**

to get enough vitamins and nutrition by taking vegan vitamins and/or supplements.



## New Pain Foods (Updated on February 15)



**Jicama (Củ đậu)**



**Pouteria lucuma**



**Jackfruit**



**Bamboo shoots**



**All kinds of basil  
(except Thai basil)**

# No-Pain food - simple list

Please note: Not exhaustive

## Grains & Cereals

- Rice, rice products
- Corn (fresh & dry)
- Wheat, wheat products (bread, vegan pasta, noodles etc.)
- Amaranth
- Oats
- Barley
- Job's tears
- Sorghum
- Buckwheat
- Millet
- Quinoa
- Couscous
- Teff (*Eragrostis tef*)

## Seeds (all)

(Including those not mentioned below):

- Pumpkin seeds
- Sunflower oil
- Melon seeds
- Lotus seeds
- Coffee
- Sesame seeds
- Flaxseed

## Beans & Nuts

- Beans + lentils  
(all types, fresh/dry)
- Peanuts
- Almonds
- Pistachios
- Pecans
- Pine nuts
- Macadamia nuts
- Hazelnuts

Most nuts only if fell naturally from tree.

Be **Vegan**, Keep **Peace**.



## Vegan Protein

- Dry soy texture & powder
- Dry wheat texture & powder
- Tofu
- Tempeh
- **Vegan** ham
- **Vegan** sausages
- **Vegan** seitan (if made from foods on the No-pain foods list)

## Condiments & Sweeteners

- Salt
- Vegetable broth (if made from foods on the No-pain foods list)
- Maggi-sauce
- Soya-sauce
- Beet sugar (from sugar beet)
- **Vegan** cane sugar (white, brown, caster, raw – in moderation)
- Agave juice

## Oils & Fats

- Flaxseed oil
- Avocado oil
- Peanut oil
- Sesame oil
- Tea tree oil
- Sunflower oil
- **Vegan** butter (no olive oil)

Be **Vegan**, Keep **Peace**.

## Peppers

- Poblano pepper
- Jalapeño pepper
- Habanero pepper
- Trinidad perfume pepper
- Fresno pepper
- Portugal hot pepper
- Paprika pepper
- Carmen pepper
- Sweet banana pepper
- Italia pepper
- Peppigrande hybrid pepper
- Jimmy nardello pepper
- Golden treasure pepper
- Mocha swirl hybrid pepper
- Shishito pepper
- Slovana pepper
- Tequila sunrise pepper
- Tolli's sweet Italian
- Nibbler hybrid pepper
- Tangerine dream pepper
- Sheepnose pimento pepper
- Cherry stuffer hybrid pepper
- Cayenne pepper
- Anaheim pepper
- Serrano pepper
- Chilaca pepper
- Aleppo pepper
- Chili de Arbol
- Aji Mango Pepper
- Thai chili peppers
- Sichuan peppercorn
- Wiri Wiri pepper
- Dried Cascabel Chile Pepper (Bola Chile)

And other very tiny sharp peppers



## Vegetables

- Chicory
- Chinese broccoli
- Tatsoi
- Kale
- Swiss chard (all other types)
- Collard greens
- Rhubarb
- Romaine lettuce
- Celery
- Chinese celery
- Bok choy (white stem)
- Cress
- Rocket (Arugula)
- Watercress
- Water spinach
- Stinging nettle
- Cabbage
- Chinese cabbage
- Iceberg lettuce
- Radicchio
- Endive
- Broccoli
- Brussels sprouts
- Cauliflower
- Tomatoes

## Vegetables

- Wild mustard
- Mustard greens
- Mustard leaves
- Cucumber
- Asparagus
- Artichokes
- Seaweed
- Dandelion(all colors and the roots)
- Arrowroot
- Taro
- Yams
- Casava
- Potatoes & Sweet potatoes (all other types)
- Ginger
- Ginseng
- Kohlrabi
- Turnip
- Beetroot
- Purple daikon radish
- Leek
- Sprouts (all)
- Mushrooms (if safe)

Including young sprouts of coriander, soya beans, pumpkin seeds, etc.  
Plus onions, garlic.

**Be Vegan, Keep Peace.**

## Herbs & spices

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngõ)
- Coronarium linn (Tần ô)
- Thai Basil (Húng quế)
- Cardamom
- Star anise
- Cloves
- Coriander seeds & powder
- Cumin seeds & powder

## Cucurbitaceae family

- Delicata squash
- White acorn squash
- Carnival squash
- Hubbard squash

## Fabaceae family

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (garden peas)
- Sugar snap peas
- Runner flat beans



## All melons

(including those not mentioned below)

- Watermelon
- Cantaloupe melon
- Galia melon
- Canary melon
- Charentais melon
- Honeydew melon
- Winter melon
- Snap melon
- Santa Claus melon
- Hami melon
- Casaba melon
- Crenshaw melon
- Horned melon
- Bailan melon
- Bitter melon

## Fruits

- Tangerine
- Longan
- Lychee
- Soursop (Mãng cầu xiêm)
- Pomelo
- Lime
- Passion fruit
- Bananas
- Star fruit
- Avocado
- Palm dates (if ripe)
- Gac fruit (Trái gấc)
- Syconium (Sung)
- Noni (Trái nhàu)
- Apricot
- Purple plum
- White plum
- Red peach
- Japanese peach (white and pink)

## **New No-Pain Foods (Updated February. 14)**

- **Cactus Syrup/ Cactus Sugar (made from prickly pear cactus)**
- **Gourd**
- **Sapodilla**
- **Custard apple**
- **Tamarind (Tamarindus indica)**
- **Langsat**
- **Persimmon**
- **Hala tree fruit**
- **Prickly Pear**
- **Pitaya (Dragon fruit)**
- **Hog plum**
- **Lotus root**
- **Fennel fronds**
- **Okra**
- **Salsify**
- **Chayote**
- **Breadfruit (Artocarpus altilis)**

**We will update when possible with more No-pain and Have-pain foods.  
This is not a complete list.**

**Be **Vegan**, Keep **Peace**.**