

# 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/Ngõ)**



**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**



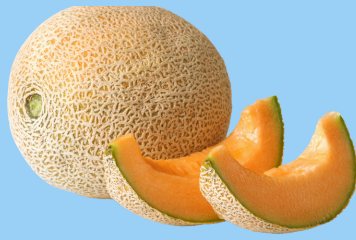
**Runner flat beans**

# All Melons

(Including those not mentioned below)



**Watermelon**



**Cantaloupe melon**



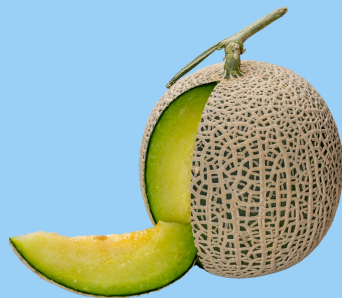
**Galia melon**



**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



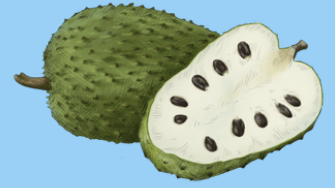
**Tangerine**



**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*)**



## **New No-Pain Foods (Updated on February 25)**



**Goji berry (Wolfberry)**



**Star apple**



**Pomegranate**



**Bell fruit (Water apple)**



**Chinese jujube  
(Chinese date)**



**Raspberry**



**Vietnamese apple  
(Indian jujube)**

# 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)**



## New Pain Foods (Updated on February 25)



**Rambutan**



**Guava**



**Mangosteen**



**Durian**

# 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)

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- **Gourd**
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- **Hog plum**
- **Lotus root**
- **Fennel fronds**
- **Okra**
- **Salsify**
- **Chayote**
- **Breadfruit (Artocarpus altilis)**
- **Goji berry (Wolfberry)**
- **Star apple**
- **Pomegranate**
- **Bell fruit (Water apple)**
- **Chinese jujube (Chinese date)**
- **Vietnamese apple (Indian jujube)**
- **Raspberry**

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

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