

No-Pain food

List and advice from **Supreme Master Ching Hai (vegan)**



Rice



Corn



Wheat
(bread, pasta)



Amaranth



Sesame seeds



Peanuts



Seeds (all)



Coffee



Beans + lentils (all)



Tofu



Tempeh



Sunflower oil



Sweet potatoes
(all other types)



Yams



Potatoes



Plus cane sugar – in moderation!

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



**Iceberg
lettuce**



**Romaine
lettuce**



Cabbage



**Chinese
cabbage**



Celery



Rocket (Arugula)



**Bok choy
(white stem)**



Broccoli



Kohlrabi



**Dandelion
(all colors, and
the roots of it)**



Beetroot



Tomatoes



Rhubarb



Purple daikon radish



Seaweed



**Stinging
nettle**



Plus onions, garlic & cucumber.





Wild mustard



Mustard greens



Mustard leaves



Asparagus



Bananas



Avocado



Palm dates (if ripe)



Star anise



Sprouts (all)



Mushrooms (if safe)



Cloves



Including young sprouts of watercress, water spinach, cauliflower, coriander, soya beans, pumpkin seeds, etc. ♥♥♥



New Additions to the No-Pain Foods List

Grains & Cereals



Oats



Barley



Job's tears



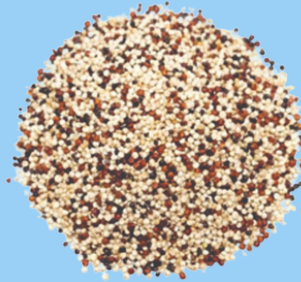
Sorghum



Buckwheat



Millet



Quinoa



Teff
(Eragrostis tef)

Nuts & Seeds



Almonds



Pistachios



Hazelnuts



Pecans



Macadamia nuts



Lotus seeds (蓮子)



Flaxseed

Vegetables



Brussels sprouts



Collard greens



Radicchio



Endive



Chicory



Chinese broccoli



Tatsoi



Kale



**Swiss chard
(all other types)**



Artichokes



Leek

Herbs & Spices



Parsley



Sage



Marjoram



Cilantro



**Sawtooth
coriander**



Dill



**Piper lolot leaves
(Piper Sarmentosum)**



Cardamom



**Anredera cordifolia
(Madeira vine)**

Fabaceae family



**Italian flat
bean**



**Pole flat
bean**



**Romano flat
bean**



Snow peas



**English peas
(garden peas)**



**Sugar snap
peas**



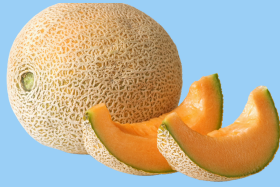
Runner flat beans

All Melons

(Including those not mentioned below)



Watermelon



Cantaloupe melon



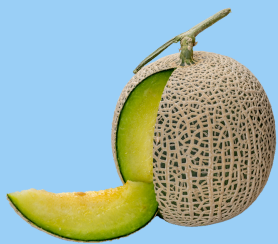
Galia melon



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

Cucurbitaceae family



Carnival squash



Hubbard squash



Delicata squash



White acorn squash

Fruits



Tangerine



Longan



Lychee



Soursop
(Mãng cầu
Xiêm)



Passion fruit



Pomelo



Lime



Gác
(Gac fruit)



Syconium
(Sung)



Noni
(Trái Nhàu)

Stone fruits (Drupes)



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.

Oils



Flaxseed oil



Sesame oil



Peanut oil



Avocado oil



Tea tree oil

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



Tolti's sweet Italian



Sheepsnose pimento pepper



Cherry stuffer hybrid pepper



Slovana pepper



Peppigrande hybrid pepper



Cayenne pepper

+ And other very tiny sharp peppers. ❤️❤️

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.

Plants That Feel Pain When Plucked

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



Apples



Oranges



Mangoes



Papaya



Strawberries



Blueberries



Pumpkin
including flower



Carrots



Radishes
(except purple daikon)



Rosemary



Chilis



Olive oil



Tea



Peppercorns



New Additions to the PAIN Foods List



Pears



Lemons



Kiwis



Pineapples



Buran pepper



Asparagus setaceus



**Eggplant
(Aubergine)**



Cashews



Walnuts



Honey



**Eucalyptus oil
(including leave, ect.)**

Squash



**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.

No-Pain food - simple list

Please note: Not exhaustive

Grains

- Rice, rice products
- Corn
- Wheat, wheat products
(bread, vegan pasta, etc.)
- Amaranth

Nuts & seeds

- Sesame seeds
- Sunflower oil
- Most nuts only if fell naturally from tree

Legumes & soy

- Beans + lentils
(all types, fresh/dry)
- Peanuts
- Tempeh
- Tofu

Herbs & spices

- Cloves
- Star anise

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

Vegetables

- Asparagus
- Bok choy (white stem)
- Cabbage
- Celery
- Chinese cabbage
- Iceberg lettuce
- Kohlrabi
- Mustard greens & leaves
- Romaine lettuce
- Potatoes (all types)
- Purple daikon radish
- Rhubarb
- Wild mustard
- Stinging nettle
- Tomatoes
- Cucumber
- Beetroot
- Yams
- Broccoli
- Rocket (Arugula)
- Onions and garlic
- Dandelion (all colors, and the roots)
- Sweet potatoes (all other types)

Fruits

- Bananas
- Palm dates (ripe)
- Avocado
- Other fruits only if fell naturally from tree

Other

- Coffee
- Seaweed
- Sprouts (all types)
- **Vegan** butter (no olive oil)
- Mushrooms (edible, not poisonous varieties)
- **Vegan** cane sugar (white, brown, caster, raw – in moderation)
- Berries (If easily fall off bush upon touching; NOT blueberries or strawberries)

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

✦ New Additions to the No-Pain Foods List

Grains & Cereals

- Oats
- Barley
- Job's tears
- Sorghum
- Buckwheat
- Millet
- Quinoa
- Teff (*Eragrostis tef*)

Vegetables

- Brussels sprouts
- Collard greens
- Radicchio
- Endive
- Chicory
- Chinese broccoli
- Tatsoi
- Kale
- Swiss chard (all other types)
- Artichokes
- Leek

Nuts & seeds

- Almonds
- Pistachios
- Hazelnuts
- Pecans
- Macadamia nuts
- Lotus seeds (蓮子)
- Flaxseed

Herbs & spices

- Parsley
- Sage
- Marjoram
- Cilantro
- Dill
- Cardamom
- Sawtooth coriander
- Piper lolot leaves (*Piper Sarmentosum*)
- Anredera cordifolia (Madeira vine)

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

✦ New Additions to the No-Pain Foods List

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
- Honeydew melon
- Winter melon
- Snap melon
- Santa Claus melon
- Casaba melon
- Crenshaw melon
- Horned melon
- Bailan melon
- Charentais melon
- Hami melon
- Bitter melon

Cucurbitaceae family

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

Fruits

- Tangerine
- Longan
- Lychee
- Soursop (Mãng cầu Xiêm)
- Passion fruit
- Pomelo
- Lime
- Gấc (Gac fruit)
- Syconium (Sung)
- Noni (Trái Nhàu)

Stone fruits (Drupes)

- Apricot
- Red peach
- Purple plum
- White plum
- Japanese peach
(white and pink)

 **New Additions to the No-Pain Foods List****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
- And the other very tiny sharp peppers.

Oil

- Flaxseed oil
- Avocado oil
- Peanut oil
- Sesame oil
- Tea tree oil