

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**

Gourd family



Carnival squash



Hubbard squash



Delicata squash



White acorn squash

Pea family



Italian flat bean



Pole flat bean



Romano flat bean



Snow peas



**English peas
(Garden peas)**



Sugar snap peas



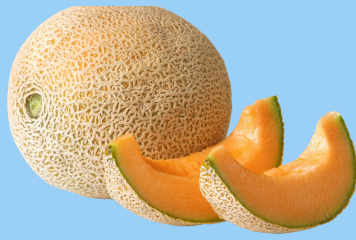
Runner flat beans

All Melons

(Including those not mentioned below)



Watermelon



Cantaloupe melon



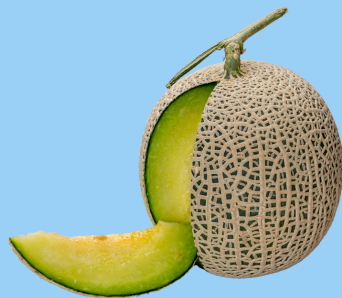
Galia melon



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



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)



Cluster fig
(Trái 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.

More No-Pain Foods

Added Feb 15, 2025



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*)

————— **Added Feb 25, 2025** —————



Goji berry (Wolfberry)



Star apple



Bell fruit (Water apple)



**Chinese jujube
(Chinese date)**



Raspberry



**Vietnamese apple
(Indian jujube)**

————— **Added Mar 3, 2025** —————



Eleocharis dulcis
(Water chestnut)



Vegan chocolate and Cacao



Water caltrop



Lemongrass



Aloe vera



Yardlong bean
(Asparagus bean)



Spearmint oil

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

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)**



**Wild mint
(Húng lủi)**



**Radishes
(Except purple daikon)**



Carrots



**Pumpkin
(Including flower)**



**Eggplant
(Aubergine)**



**Asparagus
setaceus**



Rosemary



Tea



Honey



Eucalyptus oil



Olive oil

Pepper



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

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.

More Have-Pain Foods

Added Feb 15, 2025



Jicama (Củ đậu)



**Pouteria
lucuma**



Jackfruit



Bamboo shoots

Added Feb 25, 2025



Rambutan



Guava



Mangosteen



Durian

Added Mar 3, 2025



**Palmyra Palm
(*Borassus flabellifer*)**



Maple syrup



**Peppermint &
Peppermint oil**

**We will update when possible with more Have-pain foods.
This is not a complete list.**

No-Pain foods - 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
- 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.

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

Gourd 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

- 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)
- Goji berry (Wolfberry)
- Star apple
- Bell fruit (Water apple)
- Chinese jujube (Chinese date)
- Vietnamese apple (Indian jujube)
- Raspberry
- Lemongrass
- Vegan chocolate and Cacao
- Water caltrop
- Eleocharis dulcis (Water chestnut)
- Aloe vera
- Yardlong bean (Asparagus bean)
- Spearmint oil

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

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