

Low-Suffering Foods

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

Please note: Not a complete list.

Rough rule: If the plant's body contains mostly water or is just fiber, then it most likely feels no/little pain – with exceptions.

Rice



Wheat (bread, pasta)



Corn



Potatoes



Yams



Sweet potatoes



Tofu



Tempeh



Beans + lentils (all)



Seeds (all)



Sesame seeds



Peanuts



Mushrooms (if safe)



plus most nuts, if they fell off the tree naturally

Star anise



Cloves



Avocado Sunflower oil



Seaweed



Coffee



plus cane sugar – in moderation!

Melons (all)



Bananas



Tomatoes



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

Sprouts (all)

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



Rocket (arugula)



Iceberg lettuce



Romaine lettuce



Mustard greens



Mustard leaves



Cabbage



Chinese cabbage



Bok choy (white stem)



Broccoli



Kohlrabi



Asparagus



Plus onions, garlic & cucumber. And some herbs, if cut far from the stem

Plants That Feel Pain When Plucked

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

Apples



Oranges



Tea



Olive oil



Mangoes



Papaya



Pepper



Chilis



Carrots



Radishes



Pumpkin
including flower



Rosemary



Strawberries



Blueberries



Please remember

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

Low-Suffering Foods - Simple List

Please note: not complete

Asparagus
Avocado
Bananas
Beans + lentils (all types, fresh/dry)
Berries (If easily fall off bush upon touching; NOT blueberries or strawberries)
Bok choy (white stem)
Cabbage
Celery
Chinese cabbage
Cloves
Coffee
Corn
Cucumber
Iceberg lettuce
Kohlrabi
Melons (all types)
Mushrooms (edible, not poisonous varieties)
Mustard greens + leaves
Most nuts only if fell naturally from tree
Onions/garlic
Other fruits only if fell naturally from tree
Peanuts
Potatoes (all types)
Rice, rice products
Romaine lettuce
Seaweed
Seeds (all kinds, including sesame)
Some herbs (peppermint, basil, etc. if cut far away from the stem)
Sprouts (all types)
Star anise
Sunflower oil
Sweet potatoes (all types)
Tempeh
Tofu
Tomatoes
Vegan butter (no olive oil)
Vegan cane sugar (white, brown, caster, raw – in moderation)
Wheat, wheat products (bread, vegan pasta, etc.)

Be **Vegan**, Make **Peace**.