

# No-Pain food

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 is painless – 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.

# No-Pain food - 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**.