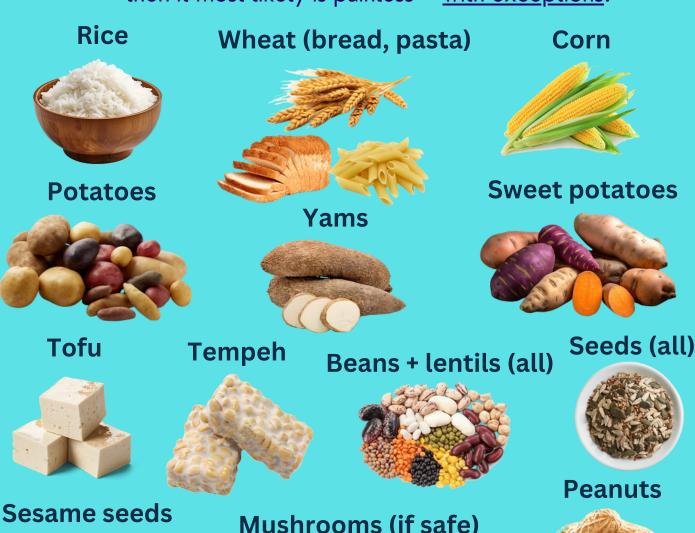
# No-Pain food

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.



**Mushrooms (if safe)** 



plus most nuts, if they fell off the tree naturally







plus cane sugar – in moderation!

Melons (all)



**Tomatoes** 







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

Sprouts (all)

including <u>young sprouts</u> 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 <u>some</u> 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.



#### **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.