

# No-Pain/Have-Pain Foods

List and advice from

**Supreme Master Ching Hai (vegan)**

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

---

## Table of Contents

---

(Click a header below to jump to page)



Tip: Press Ctrl+F to search for specific foods

<b>Grains &amp; Cereals .....</b>	<b>Page 3</b>
<b>Seeds, Beans &amp; Nuts .....</b>	<b>Page 4</b>
<b>Vegan Protein; Oils &amp; Fats .....</b>	<b>Page 5</b>
<b>Condiments &amp; Sweeteners .....</b>	<b>Page 6</b>
<b>Peppers .....</b>	<b>Page 6</b>
<b>Vegetables .....</b>	<b>Page 7</b>
<b>Herbs &amp; Spices .....</b>	<b>Page 12</b>
<b>Gourd &amp; Pea Families .....</b>	<b>Page 13</b>
<b>Melons .....</b>	<b>Page 14</b>
<b>Fruits .....</b>	<b>Page 15</b>
<b>More No-Pain/Have-Pain Foods .....</b>	<b>Page 16</b>
Basil .....	Page 20
Apples .....	Page 22
Grapes .....	Page 25
Teas .....	Page 29
Oranges .....	Page 36
Herbs/Herbal Teas .....	Page 36
Mangoes .....	Page 47
Berries .....	Page 52
Lemons .....	Page 57
Coconuts .....	Page 60
Pears .....	Page 64
Carrots .....	Page 67
Chives .....	Page 70

(Click a header below to jump to page)

Pineapples ..... Page 71

Kiwis ..... Page 74

Plums ..... Page 76

Kojis ..... Page 80

Rosemaries ..... Page 81

Zucchinis ..... Page 84

Summer Squashes ..... Page 85

Papayas ..... Page 86


Burdocks ..... Page 88

Mugworts ..... Page 89

Parsnips ..... Page 90

Peppers ..... Page 91

Guavas ..... Page 92

 Olives/Olive Oils ..... Page 94

**Simple List of No-Pain Foods ..... Page 101**

# No-Pain/Have-Pain Foods

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**



Tip: Press Ctrl+F to search for specific foods

## Grains & Cereals

Rice **N**



Wheat (Bread, pasta, noodles) **N**



Amaranth **N**



Oats **N**



Barley **N**



Job's tears **N**



Sorghum **N**



Buckwheat **N**



Millet **N**



Quinoa **N**



Couscous **N**



Teff  
(Eragrostis tef) **N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Seeds (all)

(Including those not mentioned below)

Pumpkin seeds   Sunflower seeds   Melon seeds   Lotus seeds



**N**



**N**



**N**



**N**

Coffee

**N**



Sesame seeds

**N**



Flaxseed

**N**



## Beans & Nuts

Beans + lentils

(All kinds, both dry & fresh)

**N**



Peanuts

**N**



Macadamia nuts

**N**



Hazelnuts

**N**



Almonds

**N**



Pistachios

**N**



Pecans

**N**



Pine nuts

**N**



Cashews

**P**



Walnuts

**P**



OK if already  
fell on ground  
naturally



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

**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

## **Vegan Protein**

**Dry soy  
texture & powder**



**Dry wheat  
texture & powder**



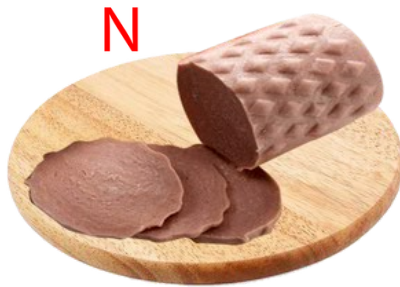
**Tofu**



**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**



**Eucalyptus oil**



**Avocado oil**



**Tea tree oil**



**Sunflower oil**



**Vegan butter**  
(No olive oil)



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Condiments & Sweeteners

**Salt**

**N**



**Vegetable broth**  
(If made from foods on the No-pain foods list)

**N**



**Maggi-sauce**

**N**



**Soya-sauce**

**N**



**Beet sugar**  
(From sugar beet)

**N**



**Vegan cane sugar**  
(White, brown, caster, raw – in moderation)

**N**



**Agave juice/ syrup**

**N**



**Honey**

**P**



## Pepper

**Poblano pepper**

**N**



**Jalapeño pepper**

**N**



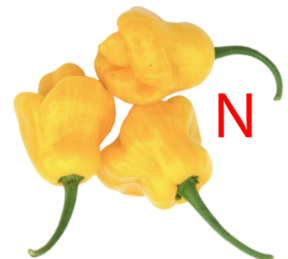
**Habanero pepper**

**N**



**Trinidad perfume pepper**

**N**



**Fresno pepper**

**N**



**Portugal hot pepper**

**N**



**Paprika pepper**

**N**



**Sweet banana pepper**

**N**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Carmen  
pepper**



**Shishito  
pepper**



**Golden treasure  
pepper**



**Tequila sunrise  
pepper**



**Jimmy  
nardello pepper**



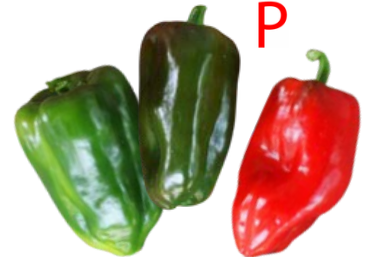
**Hot Fajita  
pepper**



**Mocha swirl  
pepper**



**Buran pepper**



**Tangerine  
dream pepper**



**Tolli's sweet  
Italian pepper**



**Sheepnose  
pimento pepper**



**Cherry stuffer  
hybrid pepper**



**Slovana  
pepper**



**Peppigrande  
pepper**



**Pequin pepper**



**Aji Amarillo  
pepper**



**Italia pepper**



**Cayenne  
pepper**



**Nibbler pepper**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Piri Piri pepper



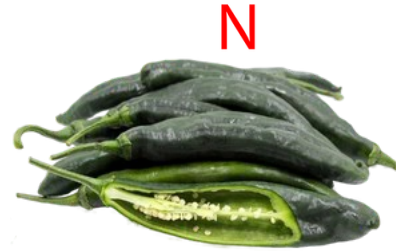
Serrano pepper



Tepin pepper



Chilaca pepper  
(Also called Pasilla  
pepper when dried)



Aleppo pepper



Chili de Arbol  
pepper



Aji Mango  
pepper



Banana Chili  
pepper



Thai chili pepper



Peppercorns  
(including black pepper)



Sichuan peppercorn



Mirasol pepper



Wiri Wiri pepper



Dried Cascabel Chile  
Pepper (Bola Chile)



Anaheim pepper



Cascabel Chile  
Pepper (Bola Chile)



Scotch bonnet pepper



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Vegetables

**Chicory**



**N**

**Chinese broccoli**



**N**

**Tatsoi**



**N**

**Kale**



**N**

**Swiss chard**  
(All other types)



**N**

**Collard greens**



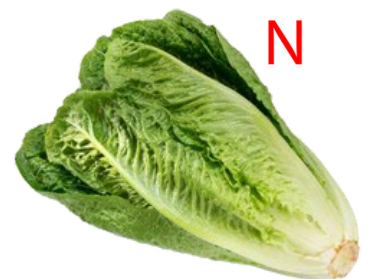
**N**

**Rhubarb**



**N**

**Romaine lettuce**



**N**

**Celery**



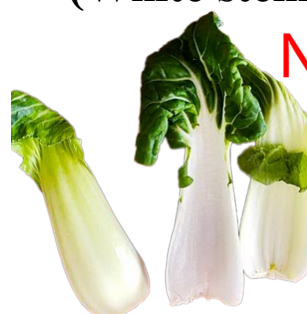
**N**

**Chinese celery**



**N**

**Bok choy**  
(White stem)



**N**

**Cress**



**N**

**Watercress**



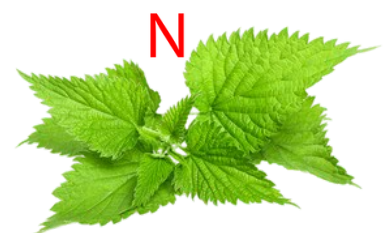
**N**

**Water spinach**



**N**

**Stinging nettle**



**N**

**Rocket (Arugula)**



**N**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Cabbage**

**N**



**Chinese cabbage**

**N**



**Iceberg lettuce**

**N**



**Radicchio**

**N**



**Endive**

**N**



**Broccoli**

**N**



**Brussels sprouts**

**N**



**Cauliflower**

**N**



**Tomatoes**

**N**



**Wild mustard**

**N**



**Mustard greens**

**N**



**Mustard leaves**

**N**



**Cucumber**

**N**



**Asparagus**

**N**



**Artichokes**

**N**



**Seaweed**

**N**



**Dandelion**  
(All colors and the roots)

**N**



(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Arrowroot**



**Taro**



**Yams**



**Cassava**



**Potatoes & Sweet potatoes**  
(All other types)



**Ginger**



**Ginseng**



**Radishes**

(Except purple daikon)

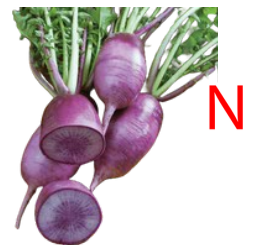
**Kohlrabi**



**Turnip**



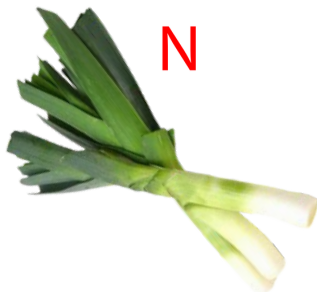
**Purple daikon  
radish**



**Beetroot**



**Leek**



**Sprouts**  
(All)



**Mushrooms**  
(If safe)



Including young sprouts of coriander, soya  
beans, pumpkin seeds, etc. **N**

Plus onions & garlic. **N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Herbs & Spices

Parsley



Sage



Marjoram



Cilantro



Spearmint



Dill



Vietnamese coriander  
(Rau răm)



Sawtooth  
coriander  
(Ngò gai)



Fish mint  
(Diếp cá)



Piper lolot



Violet shiso  
(Tía tô)



Asparagus  
setaceus



Anredera cordifolia  
(Madeira vine)



Rice paddy herb  
(Ngò ôm/Ngổ)



Coronarum linn  
(Tần ô)



Thai Basil  
(Húng quế)



Cardamom



Star anise



Cloves



Coriander  
seeds & powder



Cumin seeds  
& powder



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

## Gourd family

---

**Red Kabocha  
squash**



**P**

**Hubbard  
squash**



**N**

**Turban squash**



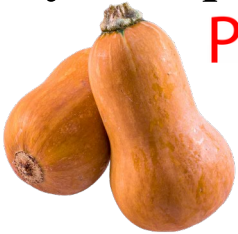
**P**

**White acorn  
squash**



**N**

**Honeynut squash**



**P**

**Red Kuri squash**



**P**

**Sweet dumpling  
squash**



**P**

**Carnival squash**



**N**

**Delicata  
squash**



**N**

---

## Pea family

---

**Italian flat  
bean**



**N**

**Pole flat  
bean**



**N**

**Romano flat  
bean**



**N**

**Snow peas**



**N**

**English peas  
(Garden peas)**



**N**

**Sugar snap peas**



**N**

**Runner flat beans**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

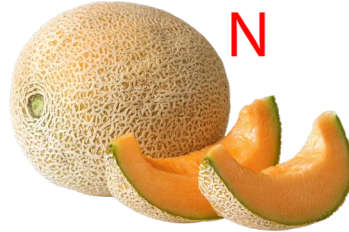
## All Melons

(Including those not mentioned below)

**Watermelon**



**Cantaloupe melon**



**Galia melon**



**Canary melon**



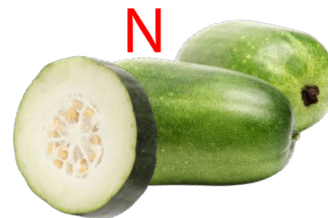
**Charentais melon**



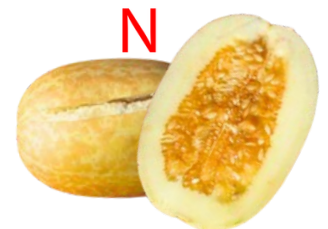
**Honeydew melon**



**Winter melon**



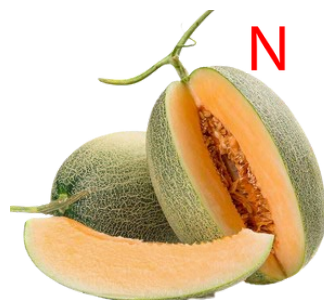
**Snap melon**



**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 some oranges & lemons)

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

## Fruits

Tangerine



N

Longan

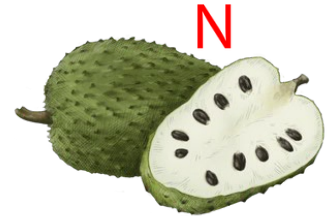


N

Lychee



N

Soursop  
(Mãng cầu xiêm)

N

Pomelo



N

Lime



N

Passion fruit



N

Bananas



N

Star fruit



N

Avocado



N

Palm dates  
(if ripe)

N

Gac fruit  
(Trái gấc)

N

Cluster fig  
(Trái sung)

N

Noni  
(Trái nhàu)

N

Apricot



N

Purple  
plum

N

White  
plum

N

Red peach



N

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

Please note: This is not a complete list.

Rough rule: If a plant's body consists mostly of water or fiber, it is most likely painless – with some exceptions.

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**———— More No-Pain/Have-Pain Foods ————**

**Cactus Syrup/ Cactus Sugar  
(made from prickly pear cactus)**



**N**

**Jicama (củ đậu)**



**P**

**Gourd**



**N**

**Sapodilla**



**N**

**Custard Apple**

**N**



**Langsat**

**N**



**Tamarind (Tamarindus indica)**



**N**

**Persimmon**

**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Hala tree fruit**

**N**



**Prickly Pear**

**N**



**Pouteria lucuma**

**P**



**Pitaya (dragon fruit)**

**N**



**Hog plum**

**N**



**N**

**Lotus root**



**Fennel fronds**

**N**



**(V = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Okra**    **N**



**Salsify**    **N**



**Chayote**    **N**



**Breadfruit (Artocarpus altilis)**    **N**



**Bamboo shoots**    **P**



**Goji Berry (Wolfberry)**



✓

**Star Apple (Vú sũa)**



**V**

**Pomegranate**

**V**



**(V = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Bell fruit (Water apple)**



**Chinese jujube  
(or Chinese date)**



**Vietnamese apple (táo Hà  
Nội)/ or Indian jujube**



**Lemon grass**



**Vegan chocolate and Cacao**



**Water caltrop (Củ ấu)**



**Aloe vera**

✓ = no pain

**Eleocharis dulcis (water chestnut)**



**(V = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Peppermint/ Peppermint oil**

P



**Maple syrup**



**Yardlong bean (Asparagus bean)**



V= no pain



V

**Palmyra Palm (Borassus flabellifer)**



P

P

**Basil**

**Genovese Basil**

no pain (= N)



N'

**Mammoth Basil**



N

**Holy Basil (Tulsi)**



N

**Lemon Basil**



N

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Lime Basil**



**Dark Opal Basil**



**P**  
(= have PAIN )

**Purple Ruffles Basil**



**African Blue Basil**  
(*Ocimum kilimandscharicum*)



**Spicy Globe Basil**  
(*Ocimum basilicum*)



**Christmas Basil**

**N**



**Camphor Basil**



**Clove Basil (*Ocimum gratissimum*)**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Apples

---

Red Delicious apple



N

Granny Smith apple



N

Gala apple



N

Fuji apple



N

Golden Delicious apple



N

Honeycrisp apple



N

McIntosh apple



P

Braeburn apple



P

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Pink Lady apple**



**N**

**Jonagold apple**



**N**

**Cortland apple**



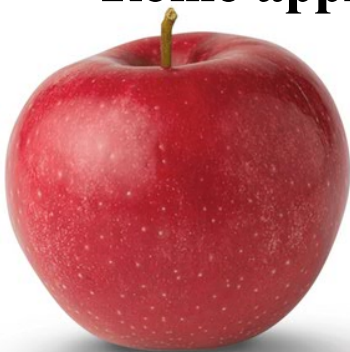
**P**

**Empire apple**



**P**

**Rome apple**



**P**

**Ambrosia apple**



**N**

**Jonathan apple**



**P**

**Cox's Orange Pippin apple**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Elstar apple**



P

**Jazz apple**



P

**Gingergold apple**



N

**Idared apple**



N

**Cosmic Crisp apple**



P

**Opal apple**



N

**Envy apple**



N

**Mila Zagoras Piliou apple**

N



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Grapes**

---

**Thompson Seedless  
(Sultana) grapes**



**N**

**Kyoho grapes**



**N**

**Red Globe grapes**



**N**

**Crimson Seedless grapes**



**P**

**Flame Seedless grapes**



**N**

**Muscat of Alexandria grapes**



**N**

**Almeria (Ohanez) grapes**



**N**

**Niagara grapes**



**N**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

Concord grapes



**P**

Black Corinth grapes



**N**

Cardinal grapes



**P**

Ribier  
(Black Monukka) grapes



**P**

Italia grapes



**N**

Muscat of Hamburg grape



**N**

Sweet Jubilee grape s



**N**

Pione grapes



**P**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Superior Seedless  
(Sugraone) grapes**



**N**

**Ruby Seedless grapes**



**N**

**Himrod grapes**



**N**

**Sweet Sapphire  
(Moon Drop) grapes**



**P**

**Autumn Royal grapes**



**N**

**Cotton Candy grapes**



**N**

**Menindee Seedless grapes**



**N**

**Midnight Beauty grapes**



**P**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai** (vegan)

**Cabernet Sauvignon grapes**

**N**



**Merlot grapes**

**N**



**Airén grapes**

**N**



**Tempranillo grapes**

**P**



**Chardonnay grapes**

**N**



**Syrah/Shiraz grapes**

**P**



**Grenache grape  
(Garnacha Tinta) grapes**

**N**



**Sauvignon Blanc grapes**

**P**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Trebbiano Toscano  
(Ugni Blanc) grapes



N

---

## Teas

---

Twinnings Earl Grey tea



N

Harney & Sons Earl Grey  
Supreme tea



N

Bigelow Earl Grey tea



N

Twinnings English Breakfast tea



N

PG Tips English Breakfast tea



N

Taylors of Harrogate  
Yorkshire tea



P

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Barry's Tea Gold



N

Twinings Irish Breakfast tea



N

Numi Organic Golden Chai tea



P

Twinings Darjeeling tea



N

Harney & Sons Darjeeling tea



N

Taylor's of Harrogate Assam tea



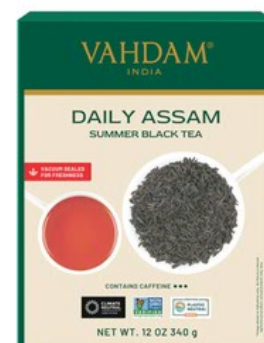
N

Harney & Sons Organic Assam tea



N

Vahdam Daily Assam tea



N

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Harney & Sons  
Lapsang Souchong tea**



**N**

**Taylors of Harrogate  
Lapsang Souchong tea**



**N**

**Dilmah Premium Ceylon tea**



**N**

**Twinings Pure Ceylon tea**



**N**

**Harney & Sons  
Russian Country tea**



**N**

**Twinings Russian Caravan tea**



**N**

**Twinings Keemun tea**



**N**

**Harney & Sons Hao Ya "A"  
Keemun tea**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Xiao Zhong tea**



**Yunnan Da Ye tea**



**Yabukita tea**



**Saemidori tea**



**Okumidori tea**



**Long Jing (Dragon Well)  
Qunti tea**



**Long Jing (Dragon Well)  
#43 tea**



**Long Jing (Dragon Well)  
Jiukeng tea**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Twinings Jasmine Green Tea**



**Harney & Sons  
Jasmine Green Tea**



**Aiya Matcha green tea**



**Ippodo Matcha green tea**



**Ito En Genmaicha green tea**



**Yamamotoyama Genmaicha  
green tea**



**Twinings Gunpowder Green Tea**

**Numi Gunpowder Green Tea**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Ito En Sencha tea



Ippodo Sencha tea



Ippodo Hojicha tea



Hojicha Co. Hojicha tea



Bigelow Oolong Tea



Twinings Pure Oolong Tea



Harney & Sons Formosa Oolong tea



JusTea Purple Leaf Tea



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Twinings Pure White Tea**



**Teavivre Huo Shan Huang Ya Yellow Tea**



**Harney & Sons Junshan Yinzhen Yellow Tea**



**Numi Emperor's Pu-erh tea**



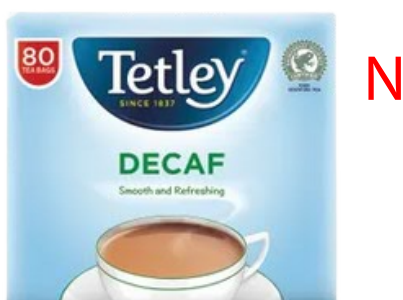
**Teavivre Ripened Cube Tuocha Pu-erh Mini Brick**



**Tetley Original tea**



**Tetley Decaf tea**



**Tetley Pure Green Tea**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Tetley Jasmine Green Tea**



**N**

---

**Oranges**

---

**Bergamot orange**



**N**

**Cara Cara orange**



**P**

**Moro Blood Orange**



**P**

**Sanguinello Blood Orange**



**N**

**Tarocco Blood Orange**



**N**

**Jaffa orange**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Lima orange**



**Bahia Navel orange**



**Fukumoto Navel orange**



**Lane Late Navel orange**



**Washington Navel orange**



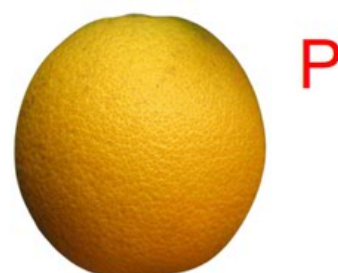
**Seville orange**



**Valencia orange**



**Campbell nucellar  
Valencia orange**



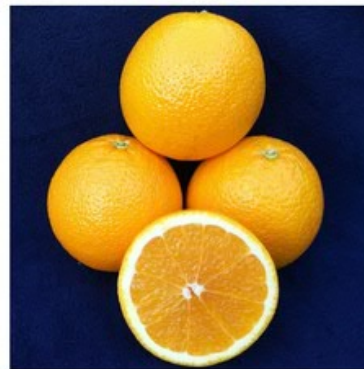
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Delta Valencia orange



**N**

Midnight Valencia orange



**P**

Clemenules (Nules) mandarin



**N**

Miho satsuma



**P**

Owari satsuma



**N**

Orlando tangelo



**N**

Minneola tangelo



**N**

Dancy tangerine



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Ponkan tangerine

**N**



---

## Herbs/Herbal Teas

---

Alfalfa (*Medicago sativa*)



**N**

Aniseed



**N**

Archangelica root

**N**



Ashwagandha root

**N**



Common barberry

**N**



Holly-leaved barberry  
(Oregon Grape)

**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Indian barberry**



**N**

**Chinese bayberry (Yumberry)**



**N**

**Northern bayberry**



**N**

**Southern bayberry  
(Wax myrtle)**



**N**

**Bay leaf**



**N**

**Scarlet bee balm**



**N**

**Purple bee balm  
(Wild bergamot)**



**N**

**Betony (purple, white)**



**N**



**N**

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Black cohosh**



**N**

**Bloodroot**



**P**

**German chamomile**



**N**

**Roman chamomile**



**N**

**Indian Chrysanthemum (yellow, white)**

**N**



**N**



**Ju Hua (Chrysanthemum x morifolium)  
(purple, orange, pink, red, yellow, white)**

**N**



**N**



**N**



**N**



**N**



**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Common daisy (white, pink, yellow, red)**

**NN**



**N**



**N**



**N**



**Cinnamon**

**P**



**Echinacea purpurea  
(Purple coneflower)**

**N**



**American elderberry**

**N**



**European elderberry**

**N**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Female Ginseng (*Angelica sinensis*)**



**N**

**Fenugreek**



**N**

**Guarana**



**N**

**Hibiscus sabdariffa (Roselle)**



**N**

**Mountain honeybush  
(*Cyclopia intermedia*)**



**N**

**Hyssop**



**N**

**English lavender  
(True lavender)**



**N**

**Lemon balm**



**N**

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Lemon verbena  
(Lemon beebrush)**



**Licorice**



**Common Lime  
(unrelated to the fruit)**



**Bigleaf linden (Broad-leaved lime)**



**Littleleaf linden  
(Small-leaved lime)**



**Lovage**



**Moringa oleifera  
(Drumstick tree)**



**Myrica gale (Sweet gale)**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Nutmeg**



**Oregano**



**Pot marigold**



**Rooibos**



**Beach rosehip (Rosa rugosa)**



**Dog rosehip (Rosa rugosa)**



**Chinese sarsaparilla**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Honduran sarsaparilla**



**N**

**Jamaican sarsaparilla**



**N**

**Mexican sarsaparilla**



**N**

**Blue skullcap**



**N**

**St. John's wort**



**N**

**French tarragon**



**N**

**Mexican tarragon**



**N**

**Russian tarragon**



**N**

**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Yerba mate tea**



**N**

---

## **Mangoes**

---

**Alphonso mango**



**N**

**Amrapali**



**N**

**Anwar Ratol**



**N**

**Ataulfo (Honey or Champagne) mango**



**N**

**Banganapalli (Safeda) mango**



**N**

**Badami mango**



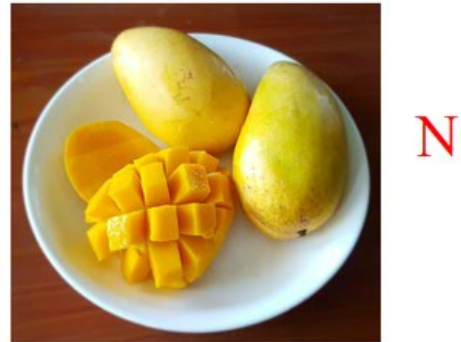
**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Cát Hòa Lộc mango**



**Carabao (Manila Super Mango)**



**Chaunsa mango**



**Chok Anan mango**



**Dasheri mango**



**Gedong Gincu mango**



**Glenn mango**



**Golek mango**

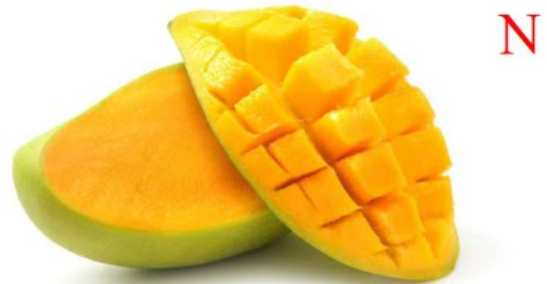


(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Haden mango**



**Harumanis mango**



**Himsagar mango**



**Irwin mango**



**Julie mango**



**Katchamita mango**



**Keitt mango**

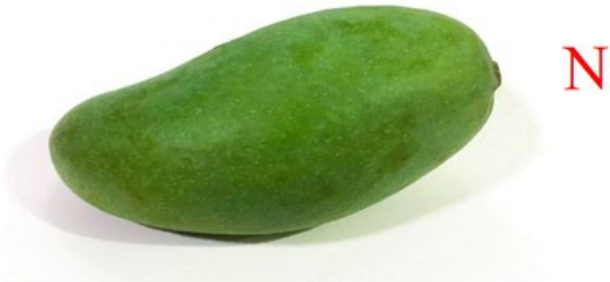


**Kent mango**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Keo Savoy mango**



**Kesar mango**



**Langra mango**



**Madame Francis mango**



**Maha Chanok mango**



**Mallika mango**



**Nam Dok Mai mango**



**Neelum mango**



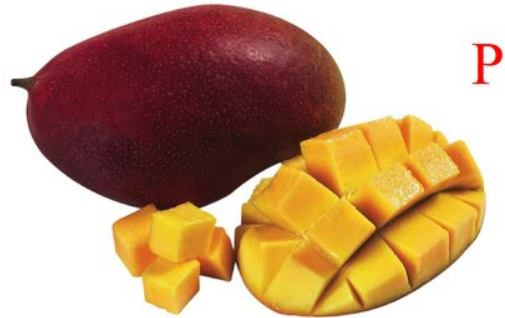
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Osteen mango**



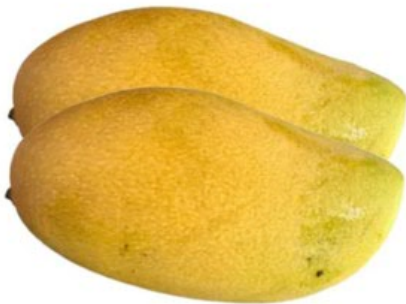
**P**

**Palmer mango**



**P**

**Pico mango**



**N**

**Raspuri mango**



**N**

**Sindhri mango**



**N**

**Tommy Atkins mango**



**P**

**Totapuri mango**



**N**

(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)

Berries

Acai berry



Pain

Blackberry



P

Boysenberry



P

Cranberry



N

Currant (white, black, red)



N

N

P

Dewberry



P

American gooseberry



N

N

Cape gooseberry  
(Peruvian ground cherry)



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**European gooseberry**



**N**

**Indian gooseberry (Amla)**



**N**

**Loganberry**



**N**

**Mulberry**



**P**

**Pineberry**



**N**

**Bluecrop blueberry**



**N**

**Chandler blueberry**



**P**

**Duke blueberry**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Emerald blueberry**



**P**

**Jewel blueberry**



**N**

**Legacy blueberry**



**N**

**Misty blueberry**



**N**

**O'Neal blueberry**



**P**

**Snowchaser blueberry**



**N**

**Ventura blueberry**



**N**

**Wild blueberry**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Black raspberry**



**Dwarf raspberry**



**Purple raspberry**



**Yellow raspberry**



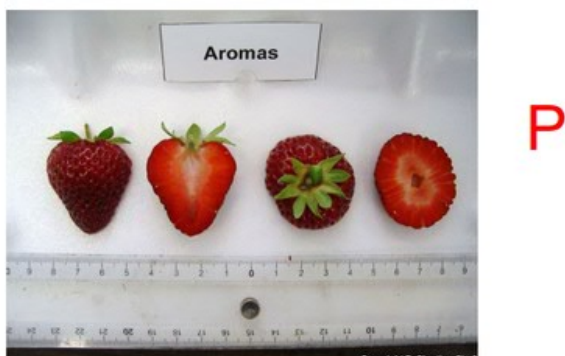
**Tamarillo**



**Albion strawberry**



**Aromas strawberry**



**Camarosa strawberry**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Chandler strawberry**



**N**

**Elsanta strawberry**



**N**

**Festival strawberry**



**N**

**Honeoye strawberry**



**N**

**Korona strawberry**



**N**

**Monterey strawberry**



**N**

**San Andreas strawberry**



**N**

**Seascape strawberry**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Sweet Charlie strawberry**



**N**

---

## **Lemons**

---

**Assam (Kaji Nemu) lemon**



**N**

**Bearss lemon**



**N**

**Citron de Menton lemon**



**P**

**Common Femminello lemon**



**N**

**Dorshapo lemon**



**P**

**Eureka lemon**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Genoa lemon



N

Interdonato lemon



N

Kagzi lemon



N

Lemonade lemon



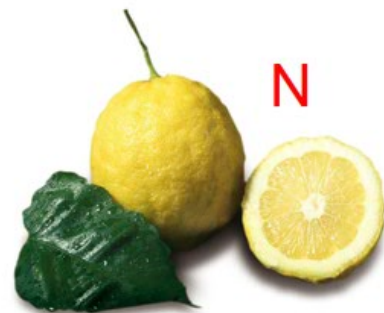
N

Mediterranean Sweet Lemon  
(Limetta)



N

Amalfi Coast lemon



N

Lisbon lemon



N

Meyer lemon



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Monachello lemon



N

Palestine Sweet Lime



N

Perrine lemon



P

Ponderosa lemon



P

Primofiori (Fino or Mesero)  
lemon



N

Santa Teresa lemon



N

Siracusa lemon



N

Variegated Pink lemon



N

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai** (vegan)

Verna (Berna) lemon



**P**

Villafranca lemon



**N**

Yen Ben lemon



**N**

---

## Coconuts

---

Brazilian Green Dwarf  
coconut



**N**

Chandralaksha coconut



**N**

Chowghat Green Dwarf  
coconut



**N**

Chowghat Orange Dwarf  
coconut



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**COD Hybrid coconut**



**N**

**East Coast Tall coconut**



**N**

**Fiji Dwarf coconut**



**N**

**Hainan Tall coconut**



**N**

**Jamaican Tall coconut**



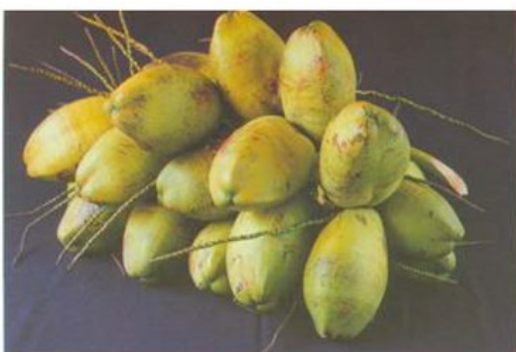
**N**

**King coconut**



**N**

**Laccadive Ordinary coconut**



**N**

**Macapuno coconut**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Malayan Green Dwarf coconut



N

Malayan Orange Dwarf coconut



N

Malayan Red (Golden) Dwarf coconut



N

Malayan Yellow Dwarf coconut



N

Maypan coconut



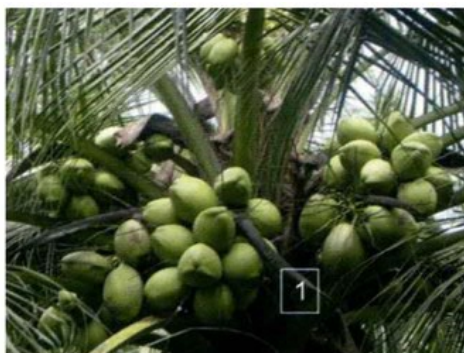
N

Panama Tall coconut



N

Sri Lanka Tall coconut



N

Thai Aromatic (Nam-hom) coconut



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Tiptur Tall coconut**



**N**

**Vanuatu Tall coconut**



**N**

**VHC1 coconut**



**N**

**WAT Hybrid (Mawa) coconut**



**N**

**West African Tall coconut**



**N**

**West Coast Tall coconut**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Pears

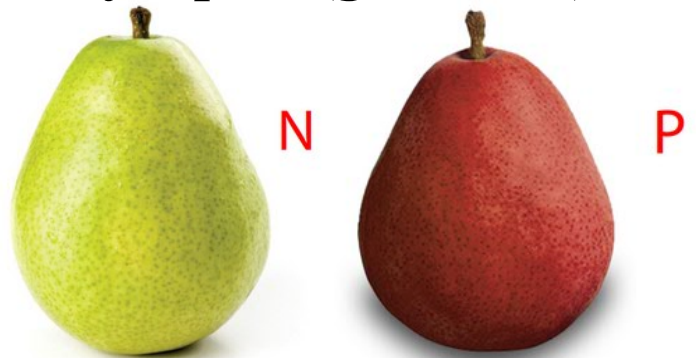
---

Abate Fetel pear



N

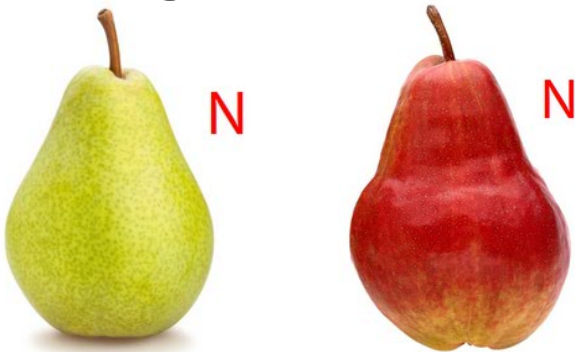
Anjou pear (green, red)



N

P

Bartlett (Williams) pear  
(green, red)



N

N

Bosc pear



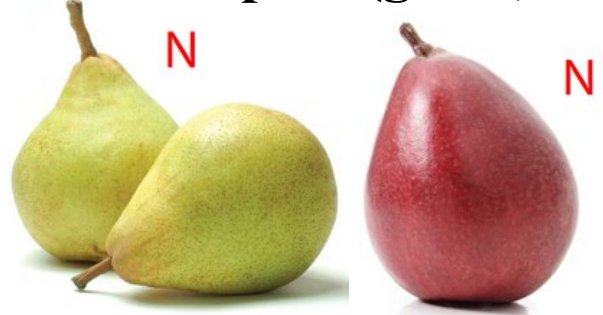
P

Chojuro pear



P

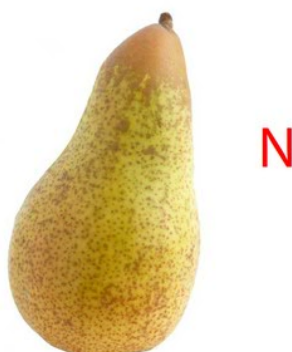
Comice pear (green, red)



N

N

Concorde pear



N

Conference pear



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Forelle pear



N

Hosui pear



N

Kosui pear



N

Niitaka pear



N

Nijisseiki pear



N

Olympic (Korean Giant) pear



P

Packham (Autumn Bartlett)  
pear (green, red)

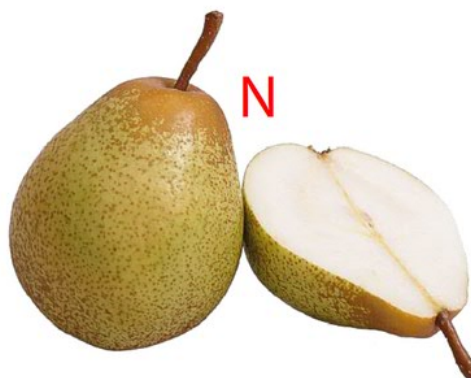


N



N

Rocha pear



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

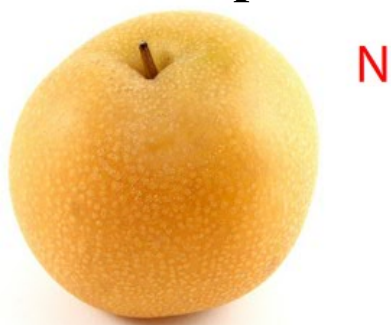
Seckel pear



Shinko pear



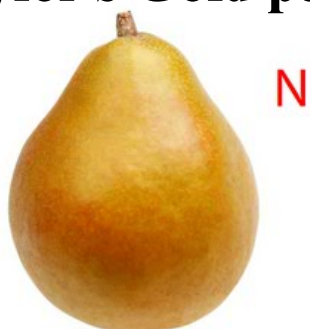
Shinseiki pear



Starkrimson pear



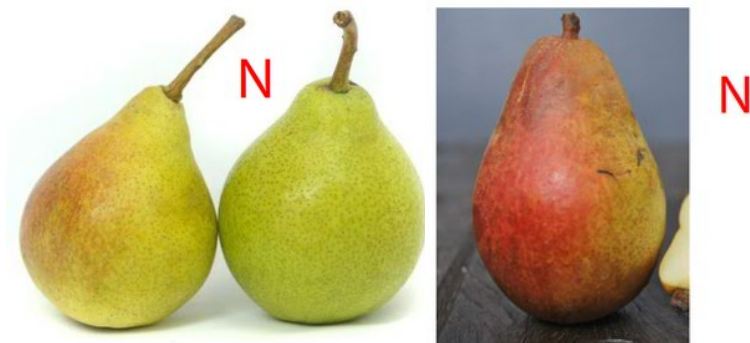
Taylor's Gold pear



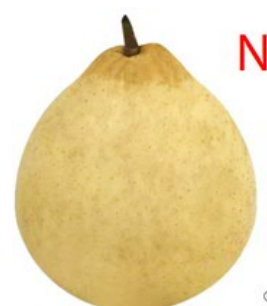
Tse Li (Tsu Li) pear



Warren pear (green, red)



Ya Li pear



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Carrots**

---

**Atomic Red carrot**



**P**

**Bolero carrot**



**N**

**Chantenay carrot**



**N**

**Creme de Lite carrot**



**N**

**Danvers 126 carrot**



**N**

**Danvers Half Long carrot**



**N**

**Deep Purple carrot**



**P**

**Imperator 58 carrot**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Imperator Long carrot**



**N**

**Kuroda Nova carrot**



**N**

**Lunar White carrot**



**N**

**Mokum carrot**



**N**

**Napoli carrot**



**N**

**Nelson carrot**



**N**

**Paris Market carrot**



**N**

**Purple Haze carrot**



**P**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Pusa Rudhira Red carrot**



**N**

**Romance F1 carrot**



**N**

**Scarlet Nantes carrot**



**N**

**Solar Yellow carrot**



**N**

**Sugarsnax 54 carrot**



**N**

**White Satin carrot**



**N**

**Yaya carrot**



**N**

**Yellowstone carrot**



**P**

**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

---

**Chives**

---

**Fine Leaved common chives**



N

**Polyvert common chives**



N

**Purly common chives**



N

**Staro common chives**



N

**Chinese Flat Leaf garlic chives**



N

**Heirloom garlic chives**



N

**Geisha garlic chives**



N

**Nira garlic chives**



P

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Pineapples**

---

**Cabezona pineapple**



**N**

**Del Monte Gold pineapple**



**N**

**Honeyglow pineapple**



**N**

**Josapine pineapple**



**p**

**Kew pineapple**



**N**

**Maipure pineapple**



**N**

**Maui Gold pineapple**



**N**

**MD-2 pineapple**



**N**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Natal Queen pineapple**



**N**

**Pernambuco pineapple**



**P**

**Pérola pineapple**



**N**

**Precious Honeyglow pineapple**



**N**

**Queen Victoria pineapple**



**N**

**Red Spanish pineapple**



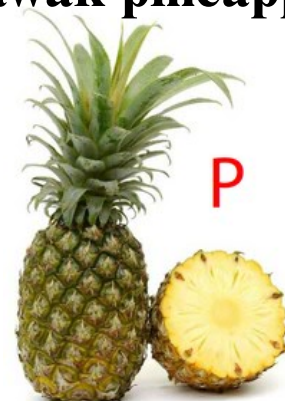
**P**

**Rubyglow pineapple**



**NO**

**Sarawak pineapple**



**P**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Smooth Cayenne pineapple**



**N**

**Sugarloaf pineapple**



**P**

**Tainung No. 17  
(Golden Diamond) pineapple**



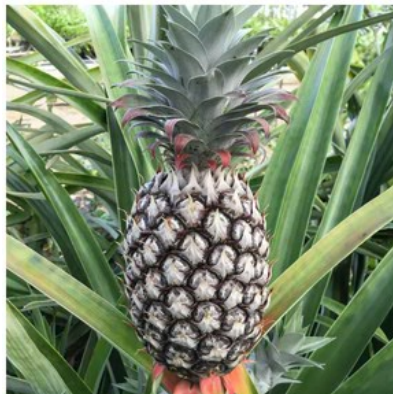
**N**

**Tainung No. 6 pineapple  
(Apple Pineapple)**



**P**

**White Jade pineapple**



**P**

(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)

Kiwis

Abbott kiwi



N

Allison kiwi



N

Ananasnaya kiwi



P

Boerica kiwi



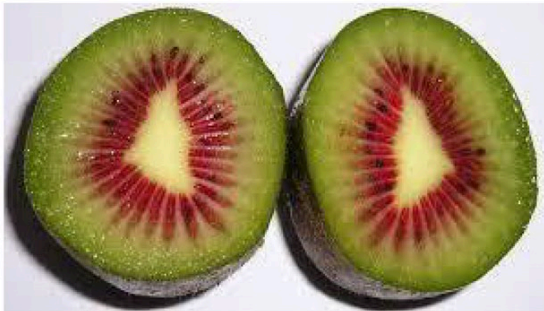
N

Bruno kiwi



N

Chuhong kiwi



P

Donghong kiwi



P

Hayward kiwi



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Hongyang kiwi**



**Issai kiwi**



**Jintao kiwi**



**Jinyan kiwi**



**Ken's Red kiwi**



**Monty kiwi**



**Red Passion kiwi**



**Soreli Gold kiwi**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Vincent kiwi**



**N**

**Zespri RubyRed kiwi**



**P**

**Zespri SunGold kiwi**



**N**

---

## Plums

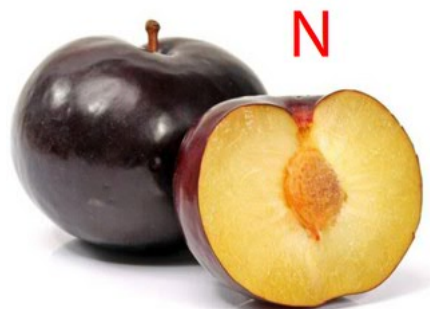
---

**Angelino plum**



**P**

**Black Amber plum**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Black Beauty plum**



**Black Ruby plum**



**Black Splendor plum**



**Burgundy plum**



**D'Agen plum**



**Damson plum**



**Dapple Dandy plum**



**Elephant Heart plum**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Flavor King plum**



**Fortune plum**



**Friar plum**



**Greengage plum**



**Golden plum**



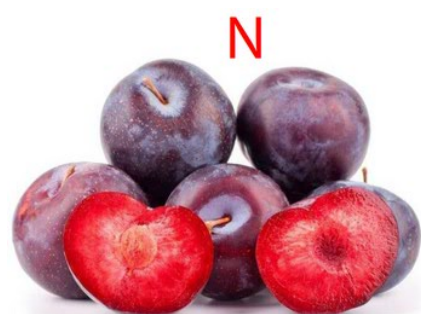
**Hiromi Red plum**



**Italian Prune plum**



**Methley plum**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Mirabelle plum**

**N**



**President plum**

**N**



**Red Beauty plum**

**N**



**Santa Rosa plum**

**N**



**Satsuma plum**

**N**



**Shiro plum**

**N**



**Simka plum**

**N**



**Stanley plum**

**N**



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai** (vegan)

Victoria plum



**N**

---

## Kojis

---

Black koji



**p**

Red koji



**P**

White koji



**N**

Yellow koji



**p**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Rosemaries

---

Arp rosemary



N

Barbeque rosemary



N

Benenden Blue rosemary



N

Blue Boy rosemary



N

Common rosemary



N

Golden Rain rosemary



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Gorizia rosemary**



**Hill Hardy rosemary**



**Huntington Carpet rosemary**



**Irene rosemary**



**Majorca Pink rosemary**



**Miss Jessopp's Upright  
rosemary**



**Nancy Howard rosemary**



**Prostratus rosemary**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Roman Beauty rosemary**



**N**

**Salem rosemary**



**N**

**Severn Sea rosemary**



**N**

**Spice Island rosemary**



**N**

**Tuscan Blue rosemary**



**N**

**White rosemary**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Zucchini**

---

**Ambassador zucchini**



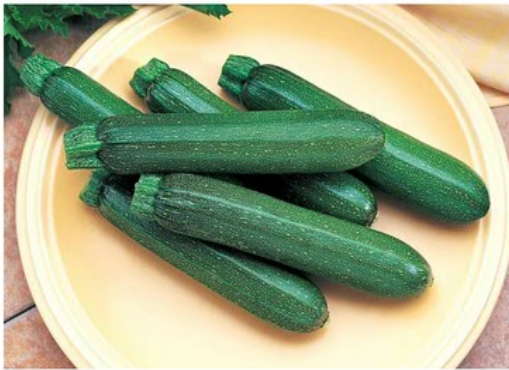
**N**

**Black Beauty zucchini**



**N**

**Cashflow zucchini**

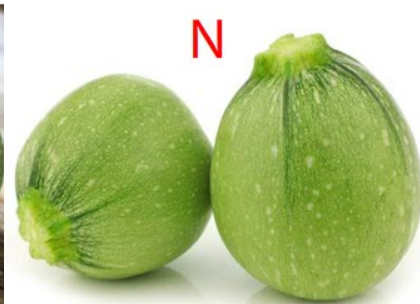


**N**

**Chappan Kaddu zucchini  
(dark green, light green)**



**N**



**N**

**Cocozelle zucchini**



**p**

**Dunja zucchini**



**N**

**Fordhook zucchini**



**N**

**Raven zucchini**



**N**

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

**Romanesco zucchini**



**Striato d'Italia zucchini**



---

## Summer Squashes

---

**Eight Ball squash  
(green, yellow)**



**Gold Rush squash**



**Golden Delight squash**



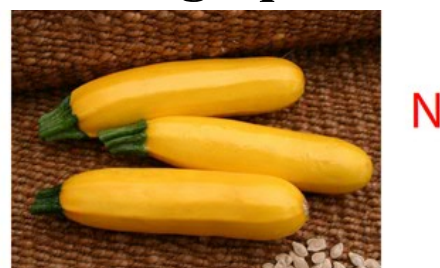
**Golden Egg squash**



**Golden Glory squash**



**Sebring squash**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Soleil squash**



N

**Pattypan squash  
(green, yellow)**



N

N

**Sunburst squash**



N

**Sunstripe squash**



N

---

## Papayas

---

**Brazilian Golden papaya**



N

**Coorg Honey Dew papaya**



N

**Eksotika papaya**



N

**Kamiya papaya**



N

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

Maradol papaya



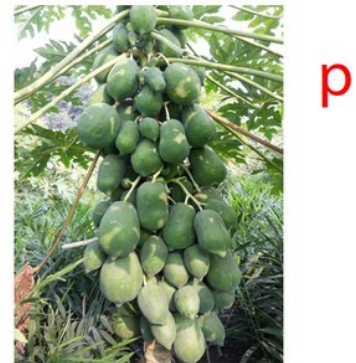
Maradona papaya



Pusa Delicious papaya



Pusa Dwarf papaya



Pusa Giant papaya



Ranchi papaya



Red Lady papaya



Sekaki (Hong Kong) papaya

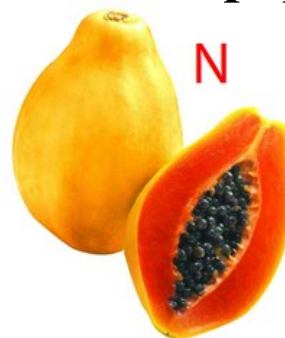


(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

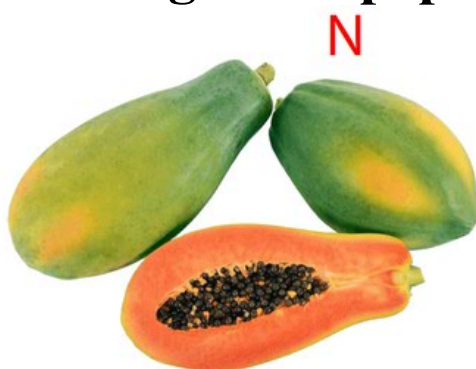
Sunrise Solo papaya



Sunset Solo papaya



Tainung No. 1 papaya



Tainung No. 2 papaya



TR Hovey papaya



---

## Burdocks

---

Greater burdock



Lesser burdock



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Woolly burdock**



**N**

---

**Mugworts**

---

**California mugwort**



**N**

**Chinese mugwort**



**N**

**Common mugwort**



**N**

**Japanese mugwort**



**N**

**White mugwort**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Parsnips**

---

**Albion parsnip**



**N**

**All American parsnip**



**N**

**Gladiator parsnip**



**N**

**Hollow Crown parsnip**



**N**

**Javelin parsnip**



**N**

**Tender and True parsnip**



**N**

**White Gem parsnip**



**N**

(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)

Peppers

Bell pepper  
(red, green, yellow)



Mulato Isleño pepper



Tabasco pepper  
(red, yellow, orange)



Ghost pepper



Rocoto pepper



Datil pepper



Malagueta pepper



Guajillo pepper



(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Guavas**

---

**Allahabad Safeda guava**



**N**

**Barbie Pink guava**



**N**

**Beaumont Pink guava**



**N**

**Crystal Seedless guava**



**N**

**Emperor (Tainung No.1) guava**



**p**

**Hong Kong Pink guava**



**N**

**Ka Hua Kula guava**



**P**

**Kim Ju guava**



**N**

(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

**Lucknow-49 (Sardar) guava**



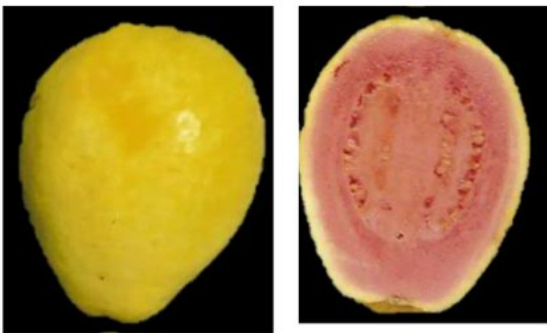
**N**

**Mexican Cream guava**



**N**

**Paluma guava**



**N**

**Pearl guava**



**N**

**Red Malaysian guava**



**P**

**Red Strawberry guava**



**p**

**Ruby Supreme guava**



**N**

**Thai White guava**



**N**

**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Tropical White guava**



**N**

**Yellow Strawberry (Lemon) guava**



**N**

**Yilan Red Heart guava**



**N**

---

**Olives/Olive Oils**

---

**Pompeian Gourmet Selection  
Extra Virgin olive oil**



**N**

**Colavita "100% Greek" Extra  
Virgin olive oil**



**N**

(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)

O-Live & Co Everyday  
Extra Virgin olive oil



N

Arbequina olives  
(common oils: Borges “Fruity”;  
Castillo de Canena “Reserva Familiar  
Arbequina”;  
Castillo de Canena “Biodynamic  
Arbequina”



N

Arbosana olives/olive oil



N



N



N

N

N

Ascolano olives/olive oil



N



N

(**N** = No Pain, **P** = Have Pain) selections from

**Supreme Master Ching Hai (vegan)**

Ayvalik olives/olive oil



Cailletier olives/olive oil



Cerignola olives



Chalkidiki olives/olive oil



Cobrançosa olives/olive oil



Conservolea (Konservolia) olives (green, blonde, black)



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Coratina olives (common oil: Monini  
“Monocultivar Coratina”)**



N



N

**Cornicabra  
olives/olive oil**

N



N

**Empeltre olives/olive oil**

P



P

**Frantoio olives (common oil:  
Monini “Monocultivar Frantoio”)**

N



N

**Gaeta (Itrana) olives**

N



**Galega olives/olive oil**

N



N

**Gemlik olives/olive oil**

P



P

**Gordal Sevillana olives**

N



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Hojiblanca olives/olive oil**



**Kalamata olives**



**Koroneiki olives (common oils: Minerva  
“Horio”; Terra Creta “Grand Cru”)**



**Leccino olives**



**Lucques olives/olive oil**



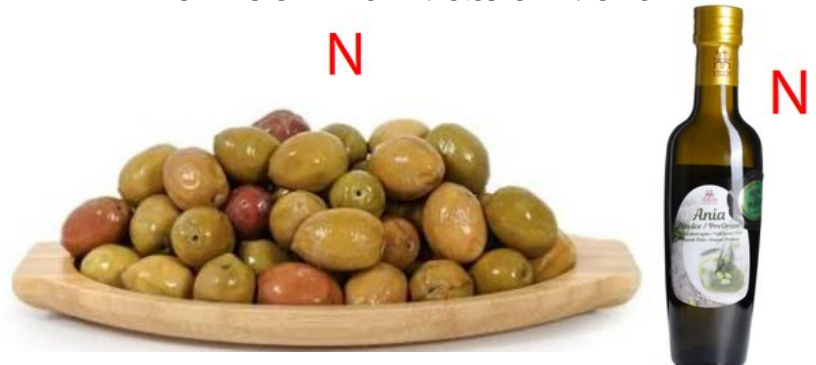
**Manzanilla olives/olive oil**



**Maurino olives/olive oil**



**Memecik olives/olive oil**



**(N = No Pain, P = Have Pain) selections from**

**Supreme Master Ching Hai (vegan)**

**Mission olives/olive oil**



**Moraiolo olives/olive oil**



**Nocellara (Castelvetrano) olives  
(common oil: Monini  
“Monocultivar Nocellara”)**



**Pendolino olives/olive oil**



**Picholine olives/olive oil**



**Picual olives (common oils: Borges “Character”;  
Castillo de Canena “Reserva Familiar Picual”;  
Castillo de Canena “Biodynamic Picual”)**



**(N = No Pain, P = Have Pain) selections from  
Supreme Master Ching Hai (vegan)**

**Taggiasca olives/olive oil**



**Throumpa Thassou  
(Thasitiki) olives/olive oil**



**Verdial de Badajoz  
olives/olive oil**

**N**



**Verdial de Huévar  
olives/olive oil**

**N**



**Verdial de Vélez-Málaga  
olives/olive oil**



**N**

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

**(All foods below are No-Pain)**

# **No-Pain foods - simple list**

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

## **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.**

**(All foods below are No-Pain)**

## **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**.**

**(All foods below are No-Pain)**

## **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**

**Be Vegan, Keep Peace.**

(All foods below are No-Pain)

## 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.**

(Click to return to Table of Contents)

**(All foods below are No-Pain)**

## **Herbs & spices**

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander (Ngò gai)
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngổ)
- 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

## **Pea family**

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (Garden peas)
- Sugar snap peas
- Runner flat beans

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**(All foods below are No-Pain)**

## **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

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

(All foods below are No-Pain)

## 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.**

(Click to return to Table of Contents)

Page 107 of 119

**(All foods below are No-Pain)**

## **Herbs & spices**

- Parsley
- Sage
- Marjoram
- Cilantro
- Spearmint
- Dill
- Piper lolot leaves (Piper sarmentosum)
- Sawtooth coriander (Ngò gai)
- Anredera cordifolia (Madeira vine)
- Rice paddy herb (Ngò ôm/Ngổ)
- 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

## **Pea family**

- Italian flat bean
- Pole flat bean
- Romano flat bean
- Snow peas
- English peas (Garden peas)
- Sugar snap peas
- Runner flat beans

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

## 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

**(All foods below are No-Pain)**

## **More 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) (All colors)
- 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
- African Blue Basil
- Camphor Basil
- Christmas Basil
- Clove Basil
- Genovese Basil
- Holy Basil/Tulsi
- Lemon Basil
- Lime Basil
- Mammoth Basil
- Purple Ruffles Basil
- Spicy Globe Basil
- Astragalus root (hoàng kỳ/huang qi)
- Banana stem (Banana pith)
- Chinese yam (hoài sơn/huai shan)
- Codonopsis root (Đẳng sâm/dang shen)
- Fox nut (khiếm thực/qian shi)
- Poria mushroom (phục linh/fu ling)
- Saposnikovia root (phòng phong/fang feng)
- White atractylodes (bạch truật/bai zhu)
- White hyacinth bean (Đậu lăng trắng/bai bian dou)
- Ambrosia apple
- Cox's Orange Pippin apple
- Envy apple
- Fuji apple
- Gala apple
- Gingergold apple
- Golden Delicious apple

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 110 of 119**

**(All foods below are No-Pain)**

## **More No-Pain Foods**

- **Granny Smith apple**
- **Honeycrisp apple**
- **Idared apple**
- **Jonagold apple**
- **Mila Zagoras Piliou apple**
- **Opal apple**
- **Pink Lady apple**
- **Red Delicious apple**
- **Pomegranate**
- **Airén grapes**
- **Airén grapes**
- **Almeria (Ohanez) grapes**
- **Autumn Royal grapes**
- **Black Corinth grapes**
- **Cabernet Sauvignon grapes**
- **Chardonnay grapes**
- **Cotton Candy grapes**
- **Flame Seedless grapes**
- **Grenache (Garnacha Tinta) grapes**
- **Himrod grapes**
- **Italia grapes**
- **Kyoho grapes**
- **Menindee Seedless grapes**
- **Merlot grapes**
- **Muscat of Alexandria grapes**
- **Muscat of Hamburg grapes**
- **Niagara grapes**
- **Pinot Gris/Grigio grapes**
- **Red Globe grapes**
- **Riesling grapes**
- **Ruby Seedless grapes**
- **Superior Seedless (Sugraone) grapes**
- **Sweet Jubilee grapes**
- **Thompson Seedless (Sultana) grapes**
- **Trebbiano Toscano (Ugni Blanc) grapes**
- **Bell Pepper (red, yellow, green)**
- **Yerba mate tea**
- **Twinings Earl Grey tea**
- **Harney & Sons Earl Grey Supreme tea**
- **Bigelow Earl Grey tea**
- **Twinings English Breakfast tea**
- **PG Tips English Breakfast tea**
- **Barry's Tea Gold**
- **Twinings Irish Breakfast tea**
- **Twinings Darjeeling tea**
- **Harney & Sons Darjeeling tea**
- **Taylors of Harrogate Assam tea**
- **Harney & Sons Organic Assam tea**
- **Vahdam Daily Assam tea**
- **Harney & Sons Lapsang Souchong tea**
- **Taylors of Harrogate Lapsang Souchong tea**
- **Dilmah Premium Ceylon tea**
- **Twinings Pure Ceylon tea**
- **Harney & Sons Russian Country tea**

**Be Vegan, Keep Peace.**

**(All foods below are No-Pain)**

## **More No-Pain Foods**

- Twinings Russian Caravan tea
- Twinings Keemun tea
- Harney & Sons Hao Ya “A” Keemun tea
- Xiao Zhong tea
- Yunnan Da Ye tea
- Yabukita tea
- Saemidori tea
- Okumidori tea
- Long Jing (Dragon Well) Qunti tea
- Long Jing (Dragon Well) #43 tea
- Twinings Jasmine Green Tea
- Harney & Sons Jasmine Green Tea
- Aiya Matcha (green tea)
- Ippodo Matcha (green tea)
- Ito En Genmaicha (brown rice green tea)
- Yamamotoyama Genmaicha (brown rice green tea)
- Twinings Gunpowder Green Tea
- Numi Gunpowder Green Tea
- Ito En Sencha tea
- Ippodo Sencha tea
- Ippodo Hojicha tea
- Hojicha Co. Hojicha tea
- Bigelow Oolong Tea
- Twinings Pure Oolong Tea
- Harney & Sons Formosa Oolong tea
- JusTea Purple Leaf Tea
- Twinings Pure White Tea
- Teavivre Huo Shan Huang Ya yellow tea
- Harney and Sons Junshan Yinzhen yellow tea
- Numi Emperor’s Pu-erh tea
- Teavivre Ripened Cube Tuocha Pu-erh Tea Mini Brick
- Tetley Original tea
- Tetley Decaf tea
- Tetley Pure Green Tea
- Tetley Jamine Green Tea
- Bergamot orange
- Sanguinello blood orange
- Tarocco blood orange
- Jaffa orange
- Lima orange
- Bahia navel orange
- Fukumoto navel orange
- Lane Late navel orange
- Washington navel orange
- Seville orange
- Valencia orange
- Delta Valencia orange
- Clemenules (Nules) Mandarin
- Owari satsuma
- Orlando tangelo
- Minneola tangelo
- Dancy tangerine
- Ponkan tangerine
- Alfalfa (Medicago sativa) herbal tea
- Aniseed herbal tea
- Archangelica herbal tea

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 112 of 119**

**(All foods below are No-Pain)**

- Ashwagandha herbal tea
- Common Barberry herbal tea
- Holly-leaved Barberry (Oregon Grape) herbal tea
- Indian Barberry herbal tea
- Chinese Bayberry (Yumberry) herbal tea
- Northern Bayberry herbal tea
- Southern Bayberry (Wax Myrtle) herbal tea
- Bay Leaf herbal tea
- Scarlet Bee Balm herbal tea
- Purple Bee Balm (Wild Bergamot) herbal tea
- Betony (purple, white) herbal tea
- Black Cohosh herbal tea
- German Chamomile herbal tea
- Roman Chamomile herbal tea
- Indian Chrysanthemum (yellow, white) herbal tea
- Ju Hua (Chrysanthemum x morifolium) (purple, pink, orange, yellow, red, white) herbal tea
- Common Daisy (white, pink, yellow, red) herbal tea
- Echinacea purpurea (Purple Coneflower) herbal tea
- American Elderberry herbal tea
- European Elderberry herbal tea
- Female Ginseng (Angelica sinensis) herbal tea
- Fenugreek herbal tea
- Guarana herbal tea
- Hibiscus sabdariffa (Roselle) herbal tea
- Mountain Honeybush (Cyclopia intermedia) herbal tea
- Hyssop herbal tea
- English Lavender (True Lavender) herbal tea
- Lemon Balm herbal tea
- Lemon Verbena (Lemon Beebrush) herbal tea
- Common Lime (unrelated to the fruit) herbal tea
- Bigleaf Linden (Broad-Leaved Lime) herbal tea
- Littleleaf Linden (Small-Leaved Lime) herbal tea
- Lovage herbal tea
- Moringa oleifera (Drumstick Tree) herbal tea
- Myrica Gale (Sweet Gale) herbal tea
- Nutmeg herbal tea
- Oregano herbal tea
- Pot Marigold herbal tea
- Rooibos herbal tea
- Beach Rosehip (Rosa rugosa) herbal tea
- Dog Rosehip (Rosa canina) herbal tea
- Chinese Sarsaparilla herbal tea
- Honduran Sarsaparilla herbal tea
- Jamaican Sarsaparilla herbal tea
- Mexican Sarsaparilla herbal tea

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**(All foods below are No-Pain)**

- Blue Skullcap herbal tea
- St. John's Wort herbal tea
- French Tarragon herbal tea
- Mexican Tarragon herbal tea
- Russian Tarragon herbal tea
- Common Thyme herbal tea
- Turmeric herbal tea
- Valerian (Valeriana officinalis) herbal tea
- Bourbon Vanilla (Madagascar Vanilla) herbal tea
- American Wintergreen herbal tea
- Common Wormwood herbal tea
- Common Yarrow (white, cream, pink, red, yellow) herbal tea
- Black fungus (Cloud ear)
- Alphonso mango
- Amrapali mango
- Anwar Ratol mango
- Ataulfo (Honey or Champagne) mango
- Badami mango
- Banganapalli (Safeda) mango
- Carabao (Manila Super) mango
- Cát Hòa Lộc mango
- Chaunsa mango
- Chok Anan mango
- Dasheri mango
- Gedong Gincu mango
- Glenn mango
- Golek mango
- Haden mango
- Harumanis mango
- Himsagar mango
- Julie mango
- Katchamita mango
- Keitt mango
- Kent mango
- Keo Savoy mango
- Kesar mango
- Langra mango
- Madame Francis mango
- Maha Chanok mango
- Mallika mango
- Nam Dok Mai mango
- Pico mango
- Raspuri mango
- Sindhri mango
- Totapuri mango
- Cranberry
- Currant (white, red)
- American Gooseberry
- Cape Gooseberry (Peruvian Ground Cherry)
- European Gooseberry
- Indian Gooseberry (Amla)
- Loganberry
- Pineberry

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 114 of 119**

**(All foods below are No-Pain)**

- Tamarillo
- Bluecrop blueberry
- Duke blueberry
- Jewel blueberry
- Legacy blueberry
- Misty blueberry
- Snowchaser blueberry
- Ventura blueberry
- Wild blueberry
- Dwarf raspberry
- Purple raspberry
- Yellow raspberry
- Albion strawberry
- Camarosa strawberry
- Chandler strawberry
- Elsanta strawberry
- Festival strawberry
- Honeoye strawberry
- Korona strawberry
- Monterey strawberry
- San Andreas strawberry
- Seascape strawberry
- Sweet Charlie strawberry
- Amalfi Coast lemon
- Assam (Kaji Nemu) lemon
- Bearss lemon
- Common Femminello lemon
- Eureka lemon
- Genoa lemon
- Interdonato lemon
- Kagzi lemon
- Lemonade lemon
- Mediteranean sweet lemon (Limetta)
- Lisbon lemon
- Meyer lemon
- Monachello lemon
- Palestine sweet lime
- Primofiori (Fino or Mesero) lemon
- Santa Teresa lemon
- Siracusa lemon
- Variegated Pink lemon
- Villafranca lemon
- Yen Ben lemon
- Brazilian Green Dwarf coconut
- Chandralaksha coconut
- Chowghat Green Dwarf coconut
- Chowghat Orange Dwarf coconut
- COD Hybrid coconut
- East Coast Tall coconut
- Fiji Dwarf coconut
- Hainan Tall coconut
- Jamaican Tall coconut
- King coconut
- Laccadive Ordinary coconut
- Macapuno coconut
- Malayan Green Dwarf coconut
- Malayan Orange Dwarf coconut
- Malayan Red Dwarf coconut
- Malayan Yellow Dwarf coconut
- Maypan coconut

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 115 of 119**

**(All foods below are No-Pain)**

- Panama Tall coconut
- Sri Lanka Tall coconut
- Thai Aromatic (Nam-hom) coconut
- Tiptur Tall coconut
- Vanuatu Tall coconut
- VHC1 coconut
- WAT Hybrid (Mawa) coconut
- West African Tall coconut
- West Coast Tall coconut
- Abate Fetel pear
- Anjou pear (green)
- Bartlett (Williams) pear (green, red)
- Comice pear (green, red)
- Concorde pear
- Conference pear
- Forelle pear
- Hosui pear
- Kosui pear
- Niitaka pear
- Nijisseiki pear
- Packham (Autumn Bartlett) pear (green, red)
- Rocha pear
- Seckel pear
- Shinko pear
- Shinseiki pear
- Starkrimson pear
- Taylor's Gold pear
- Warren pear (green, red)
- Ya Li pear
- Bolero carrot
- Chantenay carrot
- Creme de Lite carrot
- Danvers 126 carrot
- Danvers Half Long carrot
- Imperator 58 carrot
- Imperator Long carrot
- Kuroda Nova carrot
- Lunar White carrot
- Mokum carrot
- Napoli carrot
- Nelson carrot
- Paris Market carrot
- Pusa Rudhira Red carrot
- Romance F1 carrot
- Scarlet Nantes carrot
- Solar Yellow carrot
- Sugarsnax 54 carrot
- White Satin carrot
- Yaya carrot
- Fine Leaved common chives
- Polyvert common chives
- Purly common chives
- Staro common chives
- Chinese Flat Leaf garlic chives
- Geisha garlic chives
- Heirloom garlic chives
- Cabezona pineapple
- Del Monte Gold pineapple
- Honeyglow pineapple
- Kew pineapple

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 116 of 119**

**(All foods below are No-Pain)**

- Maipure pineapple
- Maui Gold pineapple
- MD-2 pineapple
- Natal Queen pineapple
- Pérola pineapple
- Precious Honeyglow pineapple
- Queen Victoria pineapple
- Rubyglow pineapple
- Smooth Cayenne pineapple
- Tainung No.17 (Golden Diamond) pineapple
- Abbott kiwi
- Allison kiwi
- Boerica kiwi
- Bruno kiwi
- Hayward kiwi
- Issai kiwi
- Jinyan kiwi
- Monty kiwi
- Soreli Gold kiwi
- Vincent kiwi
- Zespri SunGold kiwi
- Black Amber plum
- Black Ruby plum
- Black Splendor plum
- D'Agen plum
- Damson plum
- Dapple Dandy plum
- Elephant Heart plum
- Flavor King plum
- Fortune plum
- Friar plum
- Greengage plum
- Golden plum
- Hiromi Red plum
- Italian Prune plum
- Methley plum
- Mirabelle plum
- President plum
- Red Beauty plum
- Santa Rosa plum
- Satsuma plum
- Shiro plum
- Simka plum
- Stanley plum
- Victoria plum
- White koji
- Arp rosemary
- Barbeque rosemary
- Benenden Blue rosemary
- Blue Boy rosemary
- Common rosemary
- Golden Rain rosemary
- Gorizia rosemary
- Hill Hardy rosemary
- Huntington Carpet rosemary
- Irene rosemary
- Majorca Pink rosemary
- Miss Jessopp's Upright rosemary
- Nancy Howard rosemary
- Prostratus rosemary
- Roman Beauty rosemary
- Salem rosemary
- Severn Sea rosemary

**Be Vegan, Keep Peace.**

**(All foods below are No-Pain)**

- Spice Island rosemary
- Tuscan Blue rosemary
- White rosemary
- Ambassador zucchini
- Black Beauty zucchini
- Cashflow zucchini
- Chappan Kaddu zucchini (dark green, light green)
- Dunja zucchini
- Fordhook zucchini
- Raven zucchini
- Eight Ball squash (green, yellow)
- Gold Rush squash
- Golden Delight squash
- Golden Egg squash
- Golden Glory squash
- Sebring squash
- Soleil squash
- Pattypan squash (green, yellow)
- Sunburst squash
- Sunstripe squash
- Chinese licorice (*Glycyrrhiza uralensis*)
- Milk thistle
- Như Ý orange
- Brazilian Golden papaya
- Coorg Honey Dew papaya
- Eksotika papaya
- Kamiya papaya
- Maradona papaya
- Pusa Delicious papaya
- Pusa Giant papaya
- Ranchi papaya
- Red Lady papaya
- Sekaki (Hong Kong) papaya
- Sunrise Solo papaya
- Sunset Solo papaya
- Tainung No. 1 papaya
- TR Hovey papaya
- Greater burdock
- Lesser burdock
- Woolly burdock
- California mugwort
- Chinese mugwort
- Common mugwort
- Japanese mugwort
- White mugwort
- Albion parsnip
- All American parsnip
- Gladiator parsnip
- Hollow Crown parsnip
- Javelin parsnip
- Tender and True parsnip
- White Gem parsnip
- Tabasco pepper (red, yellow, orange)
- Datil pepper
- Malagueta pepper
- Gotu kola (*Centella asiatica*)
- Malabar spinach (*Basella alba*)
- Sensitive plant (*Mimosa pudica*)
- Sweet leaf (*Phyllanthus androgynus*)

**Be Vegan, Keep Peace.**

**(Click to return to Table of Contents)**

**Page 118 of 119**

## **(All foods below are No-Pain)**

- Allahabad Safeda guava
- Barbie Pink guava
- Beaumont Pink guava
- Crystal Seedless guava
- Hong Kong Pink guava
- Kim Ju guava
- Lucknow-49 (Sardar) guava
- Mexican Cream guava
- Paluma guava
- Pearl guava
- Ruby Supreme guava
- Thai White guava
- Tropical White guava
- Yellow Strawberry (Lemon) guava
- Yilan Red Heart guava
- Pompeian Gourmet Selection Extra Virgin olive oil
- Colavita “100% Greek” Extra Virgin olive oil
- O-Live & Co Everyday Extra Virgin olive oil
- Arbequina olives (common oils: Borges “Fruity”; Castillo de Canena “Reserva Familiar Arbequina”; Castillo de Canena “Biodynamic Arbequina”)
- Arbosana olives/olive oil
- Ascolano olives/olive oil
- Cerignola olives
- Chalkidiki olives/olive oil
- Cobrançosa olives/olive oil
- Conservolea (Konservolia) olives (green, blonde, black)
- Coratina olives (common oil: Monini “Monocultivar Coratina”)
- Cornicabra olives/olive oil
- Frantoio olives (common oil: Monini “Monocultivar Frantoio”)
- Gaeta (Itrana) olives
- Galega olives/olive oil
- Gordal Sevillana olives
- Hojiblanca olives/olive oil
- Kalamata olives
- Koroneiki olives (common oils: Minerva “Horio”; Terra Creta “Grand Cru”)
- Leccino olives
- Lucques olives/olive oil
- Manzanilla olives/olive oil
- Maurino olives/olive oil
- Memecik olives/olive oil
- Mission olives/olive oil
- Moraiolo olives/olive oil
- Nocellara (Castelvetrano) olives (common oil: Monini “Monocultivar Nocellara”)
- Pendolino olives/olive oil
- Picholine olives/olive oil
- Picual olives (common oils: Borges “Character”; Castillo de Canena “Reserva Familiar Picual”; Castillo de Canena “Biodynamic Picual”)
- Taggiasca olives/olive oil
- Verdial de Badajoz olives/olive oil
- Verdial de Huévar olives/olive oil
- Verdial de Vélez-Málaga olives/olive oil

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

**(Click to return to Table of Contents)**