

# No-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)

Grains & Cereals .....	Page 2
Seeds, Beans & Nuts .....	Page 3
Vegan Protein; Oils & Fats .....	Page 4
Condiments & Sweeteners .....	Page 5
Peppers .....	Page 5
Vegetables .....	Page 8
Herbs & Spices .....	Page 11
Gourd & Pea Families .....	Page 12
Melons .....	Page 13
Fruits .....	Page 14
More No-Pain Foods .....	Page 15
Added Feb 15, 2025 .....	Page 15
Added Feb 25, 2025 .....	Page 16
Added Mar 3, 2025 .....	Page 17
Added Mar 13, 2025 .....	Page 18
 Added Mar 24, 2025 .....	Page 26
<b>Have-Pain Foods .....</b>	<b>Page 36</b>
<b>More Have-Pain Foods .....</b>	<b>Page 40</b>
Added Feb 15, 2025 .....	Page 40
Added Feb 25, 2025 .....	Page 40
Added Mar 3, 2025 .....	Page 41
Added Mar 13, 2025 .....	Page 42
 Added Mar 24, 2025 .....	Page 45
Simple List of No-Pain Foods .....	Page 47

# 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.**

(Click to return to Table of Contents)



## 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/Ngõ)**



**Coronarum linn  
(Tần ô)**



**Thai Basil  
(Húng quế)**



**Cardamom**



**Star anise**



**Cloves**



**Coriander  
seeds & powder**



**Cumin seeds  
& powder**



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## Gourd family

---



**Carnival squash**



**Hubbard squash**



**Delicata squash**



**White acorn squash**

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## Pea family

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**Italian flat bean**



**Pole flat bean**



**Romano flat bean**



**Snow peas**



**English peas  
(Garden peas)**



**Sugar snap peas**



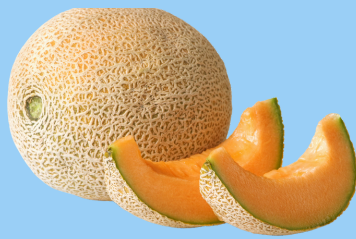
**Runner flat beans**

# All Melons

(Including those not mentioned below)



**Watermelon**



**Cantaloupe melon**



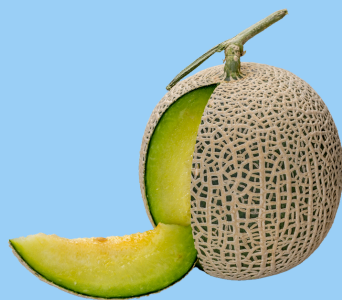
**Galia melon**



**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 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 a complete list.

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

(Click to return to Table of Contents)



# 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*)**

[\(Click to return to Table of Contents\)](#)

**Added Feb 25, 2025**



**Goji berry (Wolfberry)**



**Star apple**



**Bell fruit (Water apple)  
(All colors)**



**Chinese jujube  
(Chinese date)**



**Raspberry**



**Vietnamese apple  
(Indian jujube)**

————— **Added Mar 3, 2025** —————



**Eleocharis dulcis  
(Water chestnut)**



**Vegan chocolate and Cacao**



**Water caltrop**



**Lemongrass**



**Yardlong bean  
(Asparagus bean)**



**Aloe vera**



**Spearmint oil**



**Added Mar 13, 2025**



**African Blue basil**



**Camphor basil**



**Christmas basil**



**Clove basil**



**Genovese basil**



**Holy basil (Tulsi)**



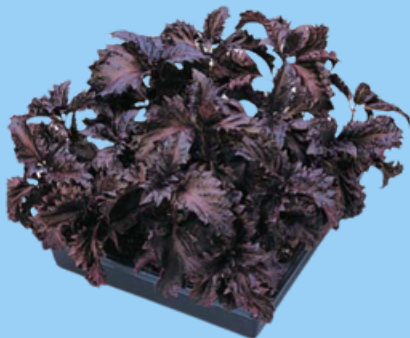
**Lemon basil**



**Lime basil**



**Mammoth basil**



**Purple Ruffles basil**



**Spicy Globe basil**



**Astragalus root**  
**(hoàng kỳ/huang qi)**



**Banana stem**  
**(Banana pith)**



**Codonopsis root**  
**(Đẳng sâm/dang shen)**



**Fox nut**  
**(khiếm thực/qian shi)**



**Poria mushroom**  
**(phục linh/fu ling)**



**Saposhnikovia root**  
**(phòng phong/fang feng)**





**White atractylodes  
(bạch truật/bai zhu)**



**White hyacinth bean  
(Đậu lăng trắng/bai bian dou)**



**Chinese yam  
(hoài sơn/huai shan)**



**Pomegranate**



**Ambrosia apple**



**Cox's Orange Pippin apple**



**Envy apple**



**Fuji apple**



**Gala apple**



**Gingergold apple**



**Golden Delicious apple**



**Granny Smith apple**





**Honeycrisp apple**



**Idared apple**



**Jonagold apple**



**Mila Zagoras Piliou apple**



**Opal apple**



**Pink Lady apple**



**Red Delicious apple**



**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**



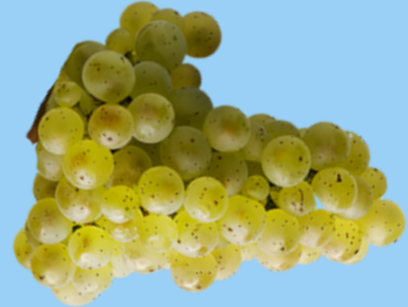
**Niagara grapes**



**Pinot Gris/Grigio grapes**



**Red Globe grapes**



**Riesling grapes**



**Ruby Seedless grapes**



**Superior Seedless (Sugraone) grapes**



**Thompson Seedless (Sultana) grapes**



**Sweet Jubilee grapes**



**Trebiano Toscano (Ugni Blanc) grapes**



# Newest Additions

Added Mar 24, 2025



**NEW!**

**Bell Pepper (red, yellow, green)**



**NEW!**

**Yerba mate tea**



**NEW!**

**Twinings Earl Grey tea**



**NEW!**

**Harney & Sons Earl Grey Supreme tea**



**NEW!**

**Bigelow Earl Grey tea**



**NEW!**

**Twinings English Breakfast tea**



**NEW!**

**PG Tips English Breakfast tea**



**NEW!**

**Barry's Tea Gold**

NEW!

NEW!

NEW!



Twinings Darjeeling tea



Harney & Sons Darjeeling tea

Twinings Irish Breakfast tea

NEW!

NEW!



Taylors of Harrogate Assam tea

Harney & Sons Organic Assam tea

NEW!

NEW!



Vahdam Daily Assam tea

Harney & Sons Lapsang Souchong tea

(Click to return to Table of Contents)





**Taylors of Harrogate Lapsang Souchong tea**



**Dilmah Premium Ceylon tea**



**Twinings Pure Ceylon tea**



**Harney & Sons Russian Country tea**



**Twinings Russian Caravan tea**



**Twinings Keemun tea**



**NEW!**



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

**NEW!**



**Xiao Zhong tea**

**NEW!**



**Yunnan Da Ye tea**

**NEW!**



**Yabukita tea**

**NEW!**



**Saemidori tea**

**NEW!**



**Okumidori tea**





NEW!

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



NEW!

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



NEW!

**Twinings Jasmine Green Tea**



NEW!

**Harney & Sons Jasmine  
Green Tea**



NEW!

**Aiya Matcha (green tea)**

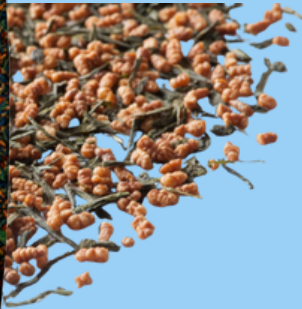


NEW!

**Ippodo Matcha (green tea)**



NEW!



Ito En Genmaicha (brown rice green tea)



NEW!



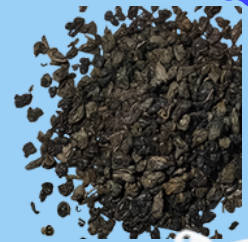
Yamamotoyama Genmaicha (brown rice green tea)

NEW!

NEW!



Twinings Gunpowder Green Tea



Numi Gunpowder Green Tea



NEW!



Ito En Sencha tea



NEW!



Ippodo Sencha tea





**NEW!**



**NEW!**

**Ippodo Hojicha tea**

**Hojicha Co. Hojicha tea**



**NEW!**



**NEW!**

**Bigelow Oolong Tea**

**Twinings Pure Oolong Tea**



**NEW!**



**NEW!**

**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**



**NEW!**



**Bergamot orange**

**NEW!**



**Sanguinello blood orange**

**NEW!**



**Tarocco blood orange**

**NEW!**



**Jaffa orange**

**NEW!**



**Lima orange**

**NEW!**



**Bahia navel orange**

**NEW!**



**Fukumoto navel orange**

**NEW!**



**Lane Late navel orange**

**NEW!**



**Washington navel orange**

**NEW!**



**Seville orange**

**NEW!**



**Valencia orange**

**NEW!**



**Delta Valencia orange**



**Clemenules (Nules)  
Mandarin**



**Owari satsuma**



**Orlando tangelo**



**Minneola tangelo**



**Dancy tangerine**



**Ponkan tangerine**

**Please note: 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 –  
Many plants fall into this category.



**Mangoes**



**Papaya**



**Pears**



**Lemons**



**Kiwis**



**Pineapples**



**Strawberries**



**Blueberries**



**Coconut**



**Cashews**



**Walnuts**



**Spinach**



**Vietnamese coriander  
(Rau răm)**



**Fish mint  
(Diếp cá)**



**Violet shiso  
(Tía tô)**



**Radishes  
(Except purple daikon)**



**Carrots**



**Pumpkin  
(Including flower)**



**Eggplant  
(Aubergine)**



**Asparagus  
setaceus**



**Rosemary**



**Honey**



**Eucalyptus oil**



**Olive oil**



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## Pepper

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**Buran pepper**



**Peppercorns  
(including black pepper)**



**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**

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## Squash

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**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**

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**Added Mar 3, 2025**

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



**Maple syrup**



**Peppermint &  
Peppermint oil**



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**Added Mar 13, 2025**

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**Dark Opal basil**



**Braeburn apple**



**Cortland apple**



**Cosmic Crisp apple**



**Elstar apple**



**Empire apple**



**Jazz apple**



**Jonathan apple**



**McIntosh apple**



**Rome apple**



**Cardinal grapes**



**Concord grapes**



**Crimson Seedless grapes**



**Malbec grapes**



**Midnight Beauty grapes**



**Pinot Noir grapes**





**Pione grapes**



**Ribier (Black Monukka) grapes**



**Sangiovese grapes**



**Sauvignon Blanc grapes**



**Sweet Sapphire (Moon Drop) grapes**



**Syrah/Shiraz grapes**



**Tempranillo grapes**

# Newest Additions

Added Mar 24, 2025



**Taylors of Harrogate Yorkshire Tea**



**Numi Organic Golden Chai tea**



**Stash Double Spice Chai tea**



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



**Cara Cara orange**



**Moro blood orange**



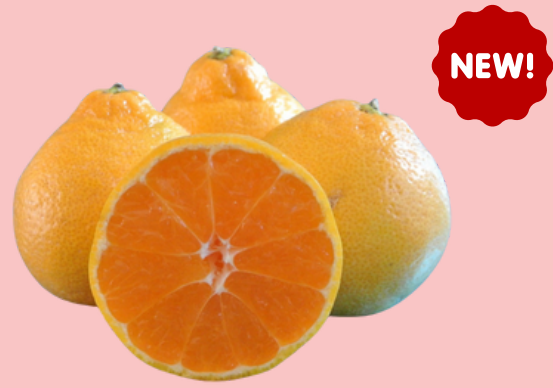
**Campbell nucellar Valencia orange**

[\(Click to return to Table of Contents\)](#)





**Midnight Valencia orange**



**Miho satsuma**

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

# 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**.



## 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](#)

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



## 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

## 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
- Japanese peach (white and pink)

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

[\(Click to return to Table of Contents\)](#)



## 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)
- Saposhnikovia 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**.

## 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**
- **Taylor's of Harrogate Assam tea**
- **Harney & Sons Organic Assam tea**
- **Vahdam Daily Assam tea**
- **Harney & Sons Lapsang Souchong tea**
- **Taylor's of Harrogate Lapsang Souchong tea**
- **Dilmah Premium Ceylon tea**
- **Twinings Pure Ceylon tea**
- **Harney & Sons Russian Country tea**



**NEW!**

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## More No-Pain Foods

**NEW!**

- 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

**NEW!**

- 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
- 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

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

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(Click to return to Table of Contents)