

# 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.

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Tip: Press Ctrl+F to search for specific foods

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(N = No Pain) (**P** = Have Pain)

# No-Pain Foods

List and advice from Supreme Master Ching Hai (vegan)



Tip: Press Ctrl+F to search for specific foods

## Grains & Cereals



N

Rice



N

Corn  
(Fresh & dry)

N

Wheat (Bread, pasta,  
noodles)

N

Amaranth



N

Oats



N

Barley



N

Job's tears



N

Sorghum



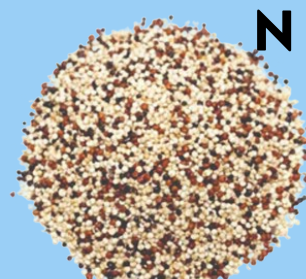
N

Buckwheat



N

Millet



N

Quinoa



N

Couscous



N

Teff  
(Eragrostis tef)

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(N = No Pain) (**P** = Have Pain)

## Seeds (all)

(Including those not mentioned below)

**N**

Pumpkin seeds

**N**

Sunflower seeds

**N**

Melon seeds

**N**

Lotus seeds

**N**

Coffee

**N**

Sesame seeds

**N**

Flaxseed

## Beans & Nuts

**N**

Beans + lentils  
(All kinds, both dry & fresh)

**N**

Peanuts

**N**

Macadamia nuts

**N**

Hazelnuts

**N**

Almonds

**N**

Pistachios

**N**

Pecans

**N**

Pine nuts



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



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(N = No Pain) (**P** = Have Pain)

## Vegan Protein



N

Dry soy  
texture & powder



N

Dry wheat  
texture & powder



N

Tofu



N

Tempeh



N

Vegan ham



N

Vegan sausages



N

Vegan seitan  
(If made from foods on the No-pain  
foods list)

## Oils & Fats



N

Flaxseed oil



N

Peanut oil



N

Sesame oil



N

Avocado oil



N

Tea tree oil



N

Sunflower oil



N

Vegan butter  
(No olive oil)

(Click to return to Table of Contents)

(N = No Pain) (P = Have Pain)

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## Condiments & Sweeteners

---

N



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

---

## Pepper

---

N



Poblano pepper

N



Jalapeño pepper

N



Habanero pepper

N



Trinidad perfume pepper

N



Fresno pepper

N



Portugal hot pepper

N



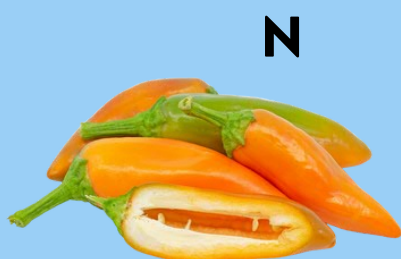
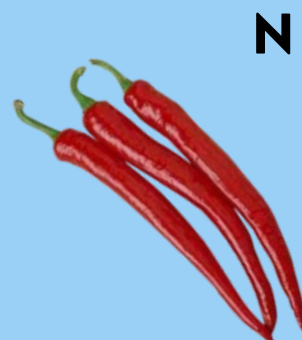
Paprika pepper

N



Sweet banana pepper

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)**N****Carmen pepper****N****Shishito pepper****N****Golden treasure  
pepper****N****Tequila sunrise  
pepper****N****Jimmy nardello  
pepper****N****Italia pepper****N****Mocha swirl  
hybrid pepper****N****Nibbler hybrid  
pepper****N****Tangerine dream  
pepper****N****Tolli's sweet  
Italian****N****Sheepnose pimento  
pepper****N****Cherry stuffer  
hybrid pepper****N****Slovana pepper****N****Peppigrande  
hybrid pepper****N****Cayenne pepper**

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(N = No Pain) (**P** = Have Pain)

**N**

Anaheim  
pepper

**N**

Serrano  
pepper

**N**

Chilaca pepper  
(Also called Pasilla pepper  
when dried)

**N**

Aleppo pepper

**N**

Chili de Arbol

**N**

Aji Mango Pepper

**N**

Thai chili peppers

**N**

Sichuan peppercorn

**N**

Wiri Wiri pepper

**N**

Dried Cascabel Chile  
Pepper (Bola Chile)



And other very tiny sharp peppers.



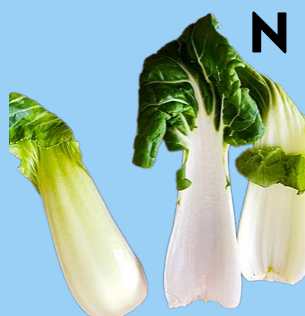
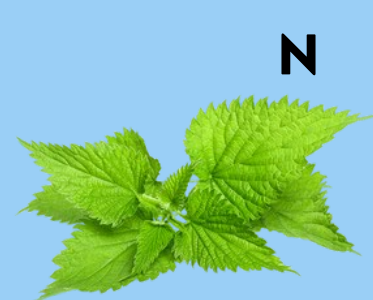
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(N = No Pain) (**P** = Have Pain)

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**Vegetables**

---

**N****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****Rocket (Arugula)****N****Watercress****N****Water spinach****N****Stinging nettle****(Click to return to Table of Contents)**

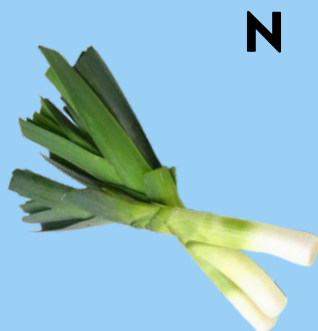


(N = No Pain) (**P** = Have Pain)

**N****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)

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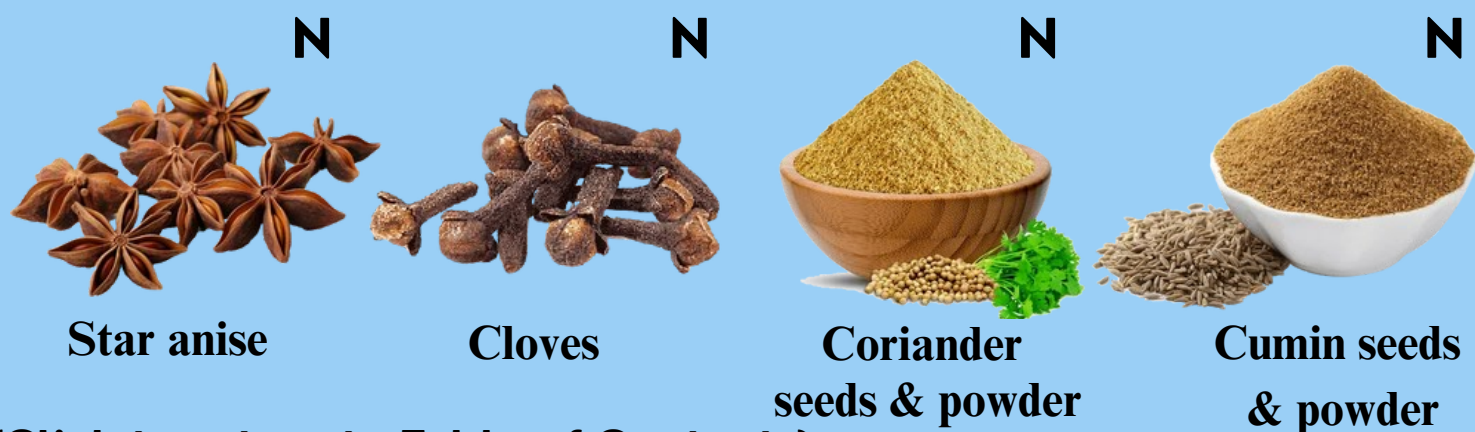
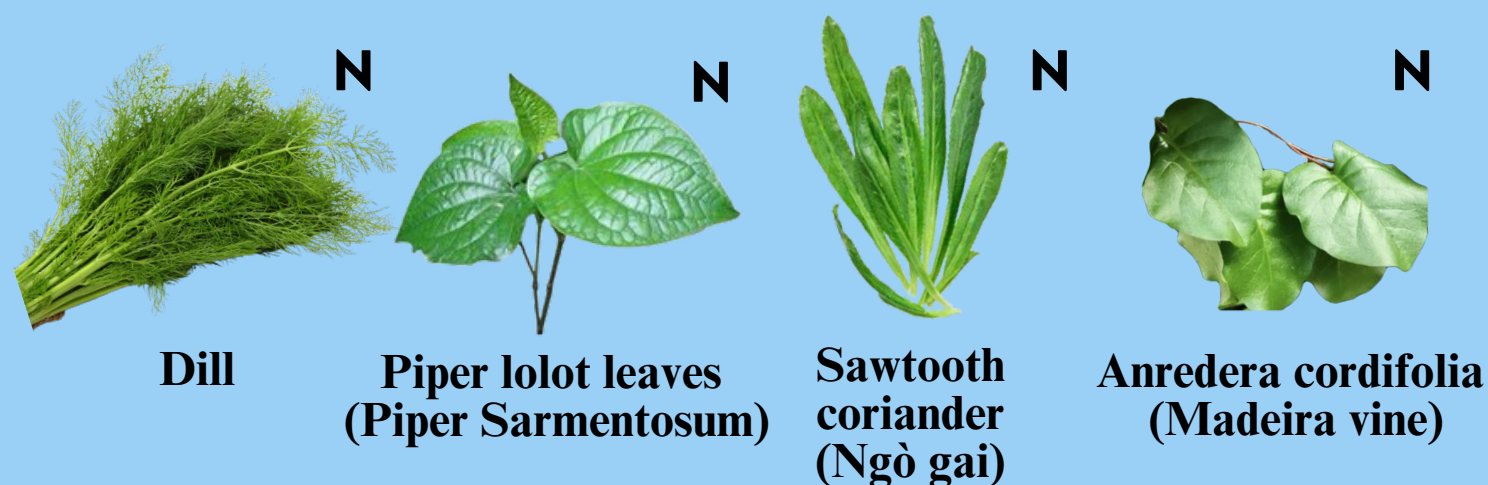
(N = No Pain) (**P** = Have Pain)**N****Arrowroot****N****Taro****N****Yams****N****Cassava****N****Potatoes & Sweet potatoes**  
(All other types)**N****Ginger****N****Ginseng****N****Kohlrabi****N****Turnip****N****Beetroot****N****Purple daikon radish****N****Leek****N****Sprouts**  
(All)**N****Mushrooms**  
(If safe)Including young sprouts of coriander, soya  
beans, pumpkin seeds, etc.

Plus onions &amp; garlic. ❤️

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(N = No Pain) (**P** = Have Pain)

## Herbs & Spices



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(N = No Pain) (**P** = Have Pain)

## Gourd family

**N**

Carnival squash

**N**

Hubbard  
squash

**N**

Delicata squash

**N**

White acorn squash

## Pea family

**N**

Italian flat  
bean

**N**

Pole flat  
bean

**N**

Romano flat  
bean

**N**

Snow peas

**N**

English peas  
(Garden peas)

**N**

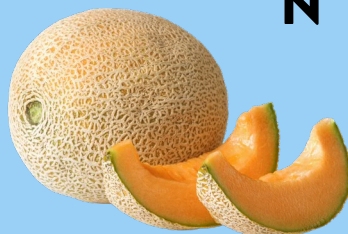
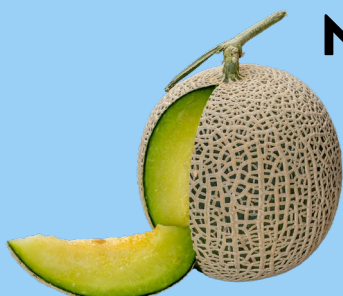
Sugar snap peas

**N**

Runner flat beans

(N = No Pain) (**P** = Have Pain)**All Melons**

(Including those not mentioned below)

**N****Watermelon****N****Cantaloupe  
melon****N****Galia melon****N****Canary melon****N****Charentais  
melon****N****Honeydew  
melon****N****Winter melon****N****Snap melon****N****Santa Claus  
melon****N****Hami melon****N****Casaba melon****N****Crenshaw  
melon****N****Horned melon****N****Bailan melon****N****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)**

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



(N = No Pain) (**P** = Have Pain)

## Fruits



N

Tangerine



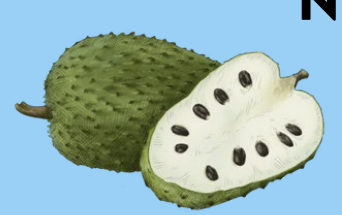
N

Longan



N

Lychee



N

Soursop  
(Mãng cầu xiêm)

N

Pomelo



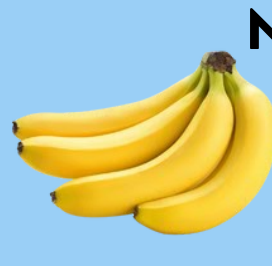
N

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

♥ 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.

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(N = No Pain) (**P** = Have Pain)

## More No-Pain Foods

Added Feb 15, 2025

**N**

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

**N**

**Gourd**

**N**

**Sapodilla**

**N**

**Custard apple**

**N**

**Tamarind**  
(*Tamarindus indica*)

**N**

**Langsat**

**N**

**Persimmon**

**N**

**Hala tree fruit**

**N**

**Prickly Pear**

**N**

**Pitaya (Dragon fruit)**

**N**

**Hog plum**

**N**

**Lotus root**

**N**

**Fennel fronds**

**N**

**Okra**

**N**

**Salsify**

**N**

**Chayote**

**N**

**Breadfruit (*Artocarpus altilis*)**

(Click to return to Table of Contents)



(N = No Pain) (**P** = Have Pain)

Added Feb 25, 2025



N

Goji berry (Wolfberry)



N

Star apple



N

Bell fruit (Water apple)  
(All colors)



N

Chinese jujube  
(Chinese date)



N

Raspberry



N

Vietnamese apple  
(Indian jujube)

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

Added Mar 3, 2025

N



**Eleocharis dulcis**  
(Water chestnut)

N



**Vegan chocolate and Cacao**

N



**Water caltrop**

N



**Lemongrass**

N



**Yardlong bean**  
(Asparagus bean)

N



**Aloe vera**

N



**Spearmint oil**

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(N = No Pain) (**P** = Have Pain)

Added Mar 13, 2025



N

**African Blue basil**



N

**Camphor basil**



N

**Christmas basil**



N

**Clove basil**



N

**Genovese basil**



N

**Holy basil (Tulsi)**



N

**Lemon basil**



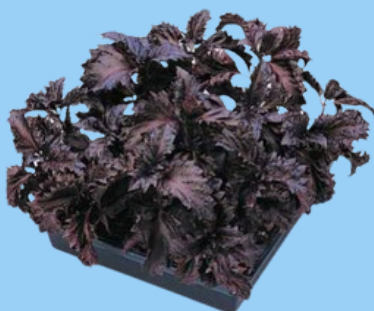
N

**Lime basil**



N

**Mammoth basil**



N

**Purple Ruffles basil**



N

**Spicy Globe basil**

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(N = No Pain) (**P** = Have Pain)



N

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



N

**Banana stem**  
(Banana pith)



N

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



N

**Fox nut**  
(khiết thực/qian shi)



N

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



N

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

(N = No Pain) (**P** = Have Pain)



N

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



N

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



N

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



N

**Pomegranate**



N

**Ambrosia apple**



N

**Cox's Orange Pippin apple**



(N = No Pain) (**P** = Have Pain)



**N**

**Envy apple**



**N**

**Fuji apple**



**N**

**Gala apple**



**N**

**Gingergold apple**



**N**

**Golden Delicious apple**



**N**

**Granny Smith apple**

(N = No Pain) (**P** = Have Pain)



N

Honeycrisp apple



N

Idared apple



N

Jonagold apple



N

Mila Zagoras Piliou apple



N

Opal apple



N

Pink Lady apple



N

Red Delicious apple

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)



N

**Airén grapes**



N

**Almeria (Ohanez) grapes**



N

**Autumn Royal grapes**



N

**Black Corinth grapes**



N

**Cabernet Sauvignon grapes**



N

**Chardonnay grapes**



N

**Cotton Candy grapes**



N

**Flame Seedless grapes**



(N = No Pain) (**P** = Have Pain)



N

**Grenache (Garnacha Tinta)  
grapes**



N

**Himrod grapes**



N

**Italia grapes**



N

**Kyoho grapes**



N

**Menindee Seedless grapes**



N

**Merlot grapes**



N

**Muscat of Alexandria grapes**



N

**Muscat of Hamburg grapes**

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

(N = No Pain) (**P** = Have Pain)



N

Niagara grapes



N

Pinot Gris/Grigio grapes



N

Red Globe grapes



N

Riesling grapes



N

Ruby Seedless grapes



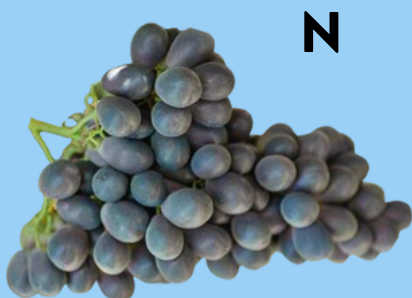
N

Superior Seedless (Sugraone)  
grapes



N

Thompson Seedless  
(Sultana) grapes



N

Sweet Jubilee grapes



N

Trebbiano Toscano  
(Ugni Blanc) grapes



(N = No Pain) (**P** = Have Pain)

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 Added Mar 24, 2025
 

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N

Bell Pepper (red, yellow, green)



N

Yerba mate tea



N

Twinings Earl Grey tea



N

Harney & Sons  
Earl Grey Supreme tea

N

Bigelow Earl Grey tea



N

Twinings English Breakfast tea



N

PG Tips English Breakfast tea



N

Barry's Tea Gold

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

(N = No Pain) (**P** = Have Pain)

N



N

Twinings Darjeeling tea



N



Harney &amp; Sons Darjeeling tea



N



Taylors of Harrogate Assam tea



N



Harney &amp; Sons Organic Assam tea



N



Vahdam Daily Assam tea



N



Harney &amp; Sons Lapsang Souchong tea

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(N = No Pain) (**P** = Have Pain)**N****Taylor's of Harrogate  
Lapsang Souchon 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 = No Pain) (**P** = Have Pain)

**N**

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

**N**

**Xiao Zhong tea**

**N**

**Yunnan Da Ye tea**

**N**

**Yabukita tea**

**N**

**Saemidori tea**

**N**

**Okumidori tea**

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



(N = No Pain) (**P** = Have Pain)

N

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



N

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



N

**Twinings Jasmine Green Tea**



N

**Harney & Sons Jasmine  
Green Tea**



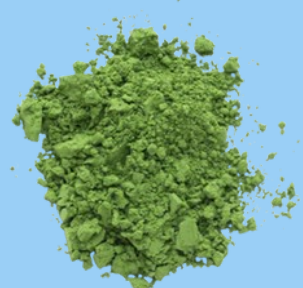
N

**Aiya Matcha (green tea)**



N

**Ippodo Matcha (green tea)**



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

(N = No Pain) (**P** = Have Pain)

N

**Ito En Genmaicha**  
(brown rice green tea)



N

**Yamamotoyama Genmaicha**  
(brown rice green tea)



N

**Twinings Gunpowder Green Tea**



N

**Numi Gunpowder Green Tea**



N

**Ito En Sencha tea**  
(Click to return to Table of Contents)



N

**Ippodo Sencha tea**



(N = No Pain) (**P** = Have Pain)

N



Ippodo Hojicha tea



N



Hojicha Co. Hojicha tea



N



Bigelow Oolong Tea



N



Twinings Pure Oolong Tea



N



Harney &amp; Sons Formosa Oolong tea



N



JusTea Purple Leaf Tea

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

N



Twinings Pure White Tea



N

Teavivre Huo Shan  
Huang Ya yellow tea

N

Harney and Sons Junshan  
Yinzen yellow tea

N

Teavivre Ripened Cube Tuocha  
Pu-erh Tea Mini Brick

N



Numi Emperor's Pu-erh tea



N

Tetley Original tea



N

Tetley Pure Green  
Tea

N

Tetley Decaf Tea



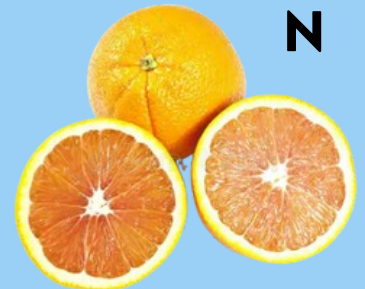
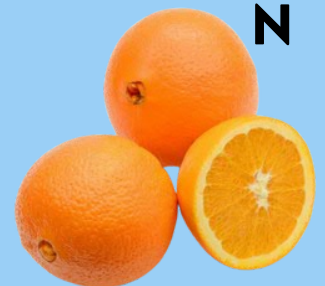
N

Tetley Jasmine  
Green Tea

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(N = No Pain) (**P** = Have Pain)

**N****Bergamot orange****N****Sanguinello  
blood orange****N****Tarocco blood  
orange****N****Jaffa orange****N****Lima orange****N****Bahia navel orange****N****Fukumoto navel  
orange****N****Lane Late navel  
orange****N****Washington navel  
orange****N****Seville orange****N****Valencia orange****N****Delta Valencia  
orange**

(N = No Pain) (**P** = Have Pain)

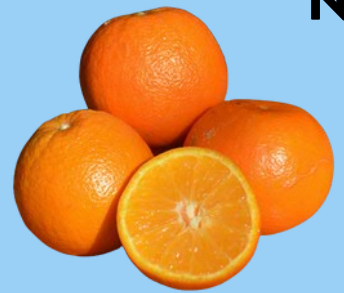
N

**Clemenules (Nules)  
Mandarin**

N

**Owari satsuma**

N

**Orlando tangelo**

N

**Minneola tangelo**

N

**Dancy tangerine**

N

**Ponkan tangerine**

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**Added Mar 29, 2025**

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N

**Alfalfa (Medicago sativa)  
herbal tea**

N

**Aniseed herbal tea**

N

**Archangelica herbal tea**



(N = No Pain) (**P** = Have 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**



(N = No Pain) (**P** = Have Pain)

**N**

**Purple Bee Balm  
(Wild Bergamot) herbal tea**

**N**

**Betony (purple, white)  
herbal tea**

**N**

**Black Cohosh  
herbal tea**

**N**

**German Chamomile  
herbal tea**

**N**

**Roman Chamomile  
herbal tea**

**N**

**Indian Chrysanthemum  
(yellow, white) herbal tea**

(N = No Pain) (P = Have Pain)

N



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

N



**Common Daisy (white, pink, yellow, red) herbal tea**

N



**Echinacea purpurea (Purple Coneflower) herbal tea**

N



**American Elderberry herbal tea**

N



**European Elderberry herbal tea**

N



**Female Ginseng (Angelica sinensis) herbal tea**



(N = No Pain) (**P** = Have Pain)

N



**Fenugreek  
herbal tea**

N



**Guarana  
herbal tea**

N



**Hibiscus sabdariffa  
(Roselle) herbal tea**

N



**Mountain Honeybush  
(Cyclopia intermedia) herbal tea**

N



**Hyssop  
herbal tea**

N



**English Lavender  
(True Lavender) herbal tea**



(N = No Pain) (**P** = Have Pain)



N

**Lemon Balm**  
herbal tea



N

**Lemon Verbena (Lemon  
Beebrush)** herbal tea



N

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



N

**Bigleaf Linden**  
(Broad-Leaved Lime) herbal tea



N

**Littleleaf Linden**  
(Small-Leaved Lime) herbal tea



N

**Lovage**  
herbal tea

(N = No Pain) (**P** = Have Pain)

N



**Moringa oleifera**  
**(Drumstick Tree) herbal tea**

N



**Myrica Gale**  
**(Sweet Gale) herbal tea**

N



**Nutmeg**  
**herbal tea**

N



**Oregano**  
**herbal tea**

N



**Pot Marigold**  
**herbal tea**

N



**Rooibos**  
**herbal tea**



(N = No Pain) (**P** = Have Pain)



N

**Beach Rosehip (*Rosa rugosa*)  
herbal tea**



N

**Dog Rosehip (*Rosa canina*)  
herbal tea**



N

**Chinese Sarsaparilla  
herbal tea**



N

**Honduran Sarsaparilla  
herbal tea**



N

**Jamaican Sarsaparilla  
herbal tea**



N

**Mexican Sarsaparilla  
herbal tea**

(N = No Pain) (**P** = Have Pain)



N

**Blue Skullcap  
herbal tea**



N

**St. John's Wort  
herbal tea**



N

**French Tarragon  
herbal tea**



N

**Mexican Tarragon  
herbal tea**



N

**Russian Tarragon  
herbal tea**



N

**Common Thyme  
herbal tea**

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



(N = No Pain) (**P** = Have Pain)



N

**Turmeric  
herbal tea**



N

**Valerian (*Valeriana officinalis*)  
herbal tea**



N

**Bourbon Vanilla  
(Madagascar Vanilla) herbal tea**



N

**American Wintergreen  
herbal tea**



N

**Common Wormwood  
herbal tea**



N

**Common Yarrow (white, cream,  
pink, red, yellow) herbal tea**

(N = No Pain) (**P** = Have Pain)

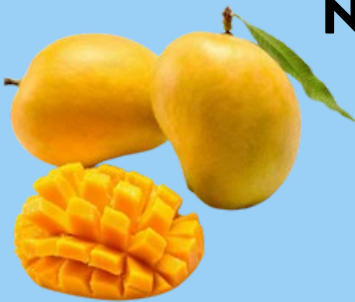
Added Apr 5, 2025

N



Black fungus (Cloud ear)

N



Alphonso mango

N



Amrapali mango

N



Anwar Ratol mango

N



Ataulfo (Honey or Champagne) mango

N



Badami mango

N



Banganapalli (Safeda) mango

N



Carabao (Manila Super) mango

N



Cát Hòa Lộc mango

N



Chaunsa mango



(N = No Pain) (**P** = Have Pain)



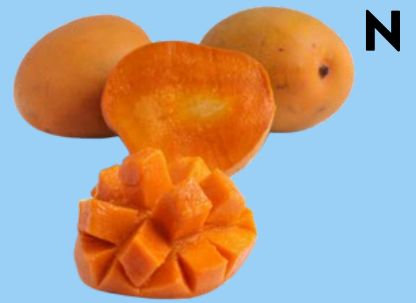
N

Chok Anan mango



N

Dasheri mango



N

Gedong Gincu mango



N

Glenn mango



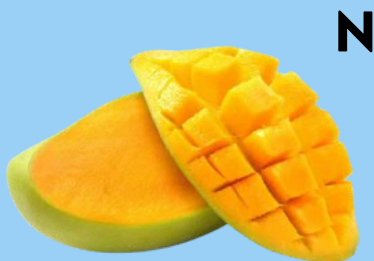
N

Golek mango



N

Haden mango



N

Harumanis mango



N

Himsagar mango



N

Julie mango



N

Katchamita mango



N

Keitt mango



N

Kent mango

(N = No Pain) (**P** = Have Pain)

N



Keo Savoy mango

N



Kesar mango

N



Langra mango

N



Madame Francis mango

N



Maha Chanok mango

N



Mallika mango

N



Nam Dok Mai mango

N



Pico mango

N



Raspuri mango

N



Sindhri mango

N



Totapuri mango



(N = No Pain) (**P** = Have Pain)

Added Apr 9, 2025



N

**Cranberry**



N

**Currant (white, red)**



N

**American  
Gooseberry**



N

**Cape Gooseberry  
(Peruvian Ground Cherry)**



N

**European  
Gooseberry**



N

**Indian Gooseberry  
(Amla)**



N

**Loganberry**



N

**Pineberry**



N

**Tamarillo**

(N = No Pain) (**P** = Have Pain)



N

Bluecrop blueberry



N

Duke blueberry



N

Jewel blueberry



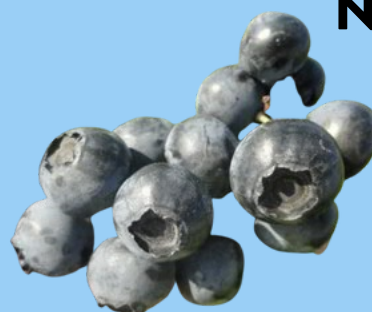
N

Legacy blueberry



N

Misty blueberry



N

Snowchaser blueberry



N

Ventura blueberry



N

Wild blueberry



N

Dwarf raspberry



N

Purple raspberry



N

Yellow raspberry



(N = No Pain) (**P** = Have Pain)



N



N



N

**Albion strawberry**

**Camarosa strawberry**

**Chandler strawberry**



N



N



N

**Elsanta strawberry**

**Festival strawberry**

**Honeoye strawberry**



N



N



N

**Korona strawberry**

**Monterey strawberry**

**San Andreas  
strawberry**



N



N

**Seascape strawberry**

**Sweet Charlie strawberry**

(N = No Pain) (**P** = Have Pain)

————— Added Apr 13, 2025 —————



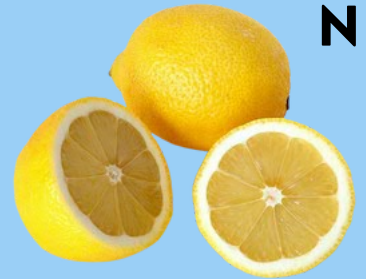
N

**Amalfi Coast lemon**



N

**Assam (Kaji Nemu) lemon**



N

**Bearss lemon**



N

**Common Femminello lemon**



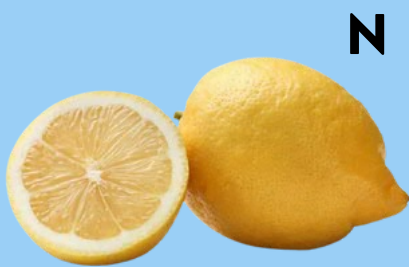
N

**Eureka lemon**



N

**Genoa lemon**



N

**Interdonato lemon**



N

**Kagzi lemon**



N

**Lemonade lemon**



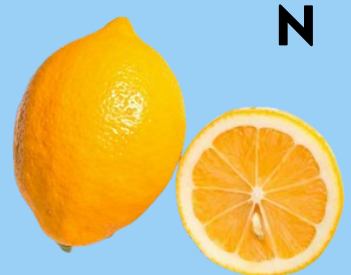
N

**Mediterranean sweet lemon (Limetta)**



N

**Lisbon lemon**



N

**Meyer lemon**



(N = No Pain) (**P** = Have Pain)



N



N



N

**Monachello lemon**

**Palestine sweet lime**

**Primofiori (Fino or Mesero) lemon**



N



N



N

**Santa Teresa lemon**

**Siracusa lemon**

**Variegated Pink lemon**



N



N



N

**Villafranca lemon**

**Yen Ben lemon**

**Brazilian Green Dwarf coconut**



N



N



N

**Chandralaksha coconut**

**Chowghat Green Dwarf coconut**

**Chowghat Orange Dwarf coconut**

(N = No Pain) (**P** = Have Pain)**N****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****Malayan Green Dwarf coconut****N****Malayan Orange Dwarf coconut****N****Malayan Red Dwarf coconut****N****Malayan Yellow Dwarf coconut**[\(Click to return to Table of Contents\)](#)



(N = No Pain) (**P** = Have Pain)



N

Maypan coconut



N

Panama Tall coconut



N

Sri Lanka Tall coconut



N

Thai Aromatic  
(Nam-hom) coconut



N

Tiptur Tall coconut



N

Vanuatu Tall coconut



N

VHC1 coconut



N

Mawa coconut



N

West African  
Tall coconut



N

West Coast Tall  
coconut

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

————— Added Apr 16, 2025 —————



N

**Abate Fetel pear**



N

**Anjou pear  
(green)**



N

**Bartlett (Williams)  
pear (green, red)**



N

**Comice pear  
(green, red)**



N

**Concorde  
pear**



N

**Conference  
pear**



N

**Forelle pear**



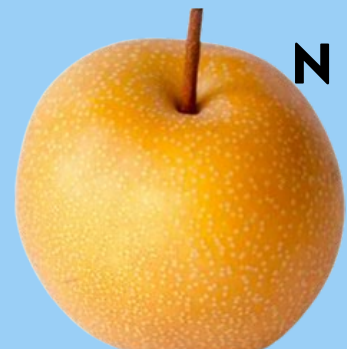
N

**Hosui pear**



N

**Kosui pear**



N

**Niitaka pear**

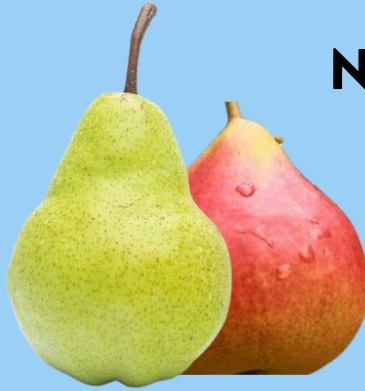


(N = No Pain) (**P** = Have Pain)



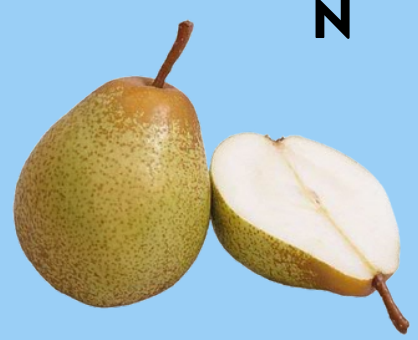
N

Nijisseiki pear



N

Packham (Autumn Bartlett) pear (green, red)



N

Rocha pear



N

Seckel pear



N

Shinko pear



N

Shinseiki pear



N

Starkrimson pear



N

Taylor's Gold pear



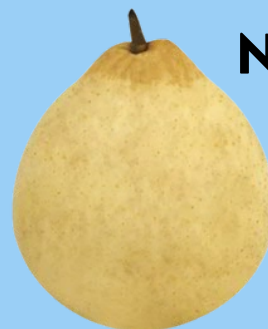
N

Warren pear (green)



N

Warren pear (red)



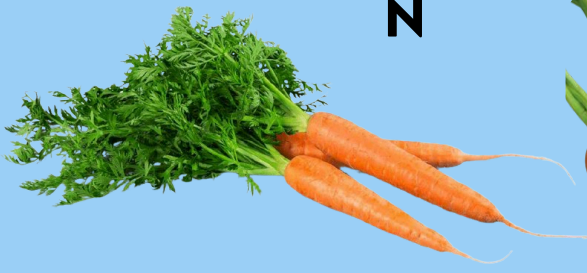
N

Ya Li pear

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

Added Apr 21, 2025



N

**Bolero carrot**



N

**Chantenay carrot**



N

**Creme de Lite carrot**



N

**Danvers 126  
carrot**



N

**Danvers Half Long  
carrot**



N

**Imperator 58  
carrot**



N

**Imperator Long  
carrot**



N

**Kuroda Nova  
carrot**



N

**Lunar White carrot**



N

**Mokum carrot**



N

**Napoli carrot**



N

**Nelson carrot**

(Click to return to Table of Contents)



(N = No Pain) (**P** = Have Pain)



N

**Paris Market carrot**



N

**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

**Fine Leaved common  
chives**



N

**Polyvert common  
chives**



N

**Purly common  
chives**



N

**Staro common chives**

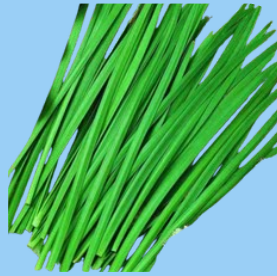
(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)



N

**Chinese Flat Leaf  
garlic chives**



N

**Geisha  
garlic chives**



N

**Heirloom  
garlic chives**



N

**Cabezona pineapple**



N

**Del Monte Gold  
pineapple**



N

**Honeyglow  
pineapple**



N

**Kew pineapple**



N

**Maipure pineapple**



N

**Maui Gold  
pineapple**

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



(N = No Pain) (**P** = Have Pain)



N

**MD-2 pineapple**



N

**Natal Queen  
pineapple**



N

**Pérola pineapple**



N

**Precious Honeyglow  
pineapple**



N

**Queen Victoria  
pineapple**



N

**Rubyglow pineapple**



N

**Smooth Cayenne  
pineapple**



N

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

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

---

Added May 5, 2025

---

**N****Abbott kiwi****N****Allison kiwi****N****Boerica kiwi****N****Bruno kiwi****N****Hayward kiwi****N****Issai kiwi****N****Jinyan kiwi****N****Monty kiwi****N****Soreli Gold kiwi****N****Vincent kiwi****N****Zespri SunGold kiwi****N****Black Amber plum**[\(Click to return to Table of Contents\)](#)



(N = No Pain) (**P** = Have Pain)



N



N



N

**Black Ruby plum**

**Black Splendor plum**

**D'Agen plum**



N



N



N

**Damson plum**

**Dapple Dandy plum**

**Elephant Heart plum**



N



N



N

**Flavor King plum**

**Fortune plum**

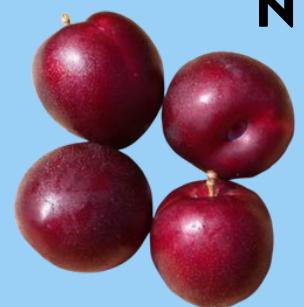
**Friar plum**



N



N



N

**Greengage plum**

**Golden plum**

**Hiromi Red plum**

(N = No Pain) (**P** = Have Pain)



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



(N = No Pain) (**P** = Have Pain)

## Newest Additions

Added May 5, 2025

**NEW!**

N



**White koji**

**NEW!**

N



**Arp rosemary**

**NEW!**

N



**Barbeque  
rosemary**

**NEW!**

N



**Benenden Blue  
rosemary**

**NEW!**

N



**Blue Boy  
rosemary**

**NEW!**

N



**Common rosemary**

**NEW!**

N



**Golden Rain  
rosemary**

**NEW!**

N



**Gorizia rosemary**

**NEW!**

N



**Hill Hardy  
rosemary**

(N = No Pain) (**P** = Have Pain)



**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**



(N = No Pain) (**P** = Have Pain)**NEW!****Spice Island  
rosemary****N****NEW!****Tuscan Blue  
rosemary****N****NEW!****White rosemary****N****NEW!****Ambassador  
zucchini****N****NEW!****Black Beauty  
zucchini****N****NEW!****Cashflow zucchini****N****NEW!****Chappan Kaddu  
zucchini (dark  
green)****N****NEW!****Chappan Kaddu  
zucchini (light  
green)****N****NEW!****Dunja zucchini****N**

(N = No Pain) (**P** = Have Pain)



N

**Fordhook zucchini**



N

**Raven zucchini**



N

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



N

**Gold Rush squash**



N

**Golden Delight  
squash**



N

**Golden Egg  
squash**



N

**Golden Glory  
squash**



N

**Sebring  
squash**



N

**Soleil  
squash**



(N = No Pain) (**P** = Have Pain)

NEW!

N



**Pattypan squash  
(green, yellow)**

NEW!

N



**Sunburst squash**

NEW!

N



**Sunstripe squash**

NEW!

N



**Chinese licorice  
(Glycyrrhiza uralensis)**

NEW!

N



**Milk thistle**

NEW!

N



**Nhu Ý orange**

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)**

(N = No Pain) (**P** = Have Pain)

# Plants That Feel Pain When Plucked

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



Tip: Press Ctrl+F to search for specific foods



Papaya



Cashews



Walnuts

OK if already fell on ground naturally



Spinach



Vietnamese coriander  
(Rau răm)



Fish mint  
(Diếp cá)



Violet shiso  
(Tía tô)



Radishes  
(Except purple daikon)



Pumpkin  
(Including flower)

(Click to return to Table of Contents)



(N = No Pain) (**P** = Have Pain)

**P**

**Eggplant  
(Aubergine)**

**P**

**Asparagus  
setaceus**

**P**

**Rosemary**

**P**

**Honey**

**P**

**Eucalyptus oil**

**P**

**Olive oil**

---

## Pepper

---

**P**

**Buran pepper**

**P**

**Peppercorns  
(including black pepper)**

**P**

**Hot Fajita pepper**

(N = No Pain) (**P** = Have Pain)

**P**

**Banana Chili  
peppers**

**P**

**Aji Amarillo  
pepper**

**P**

**Mirasol pepper**

**P**

**Piri Piri  
(Various types & shapes)**

**P**

**Cascabel Chile  
Pepper (Bola Chile)**

**P**

**Scotch bonnet  
pepper**

**P**

**Pequin pepper**

**P**

**Tepin pepper**



(N = No Pain) (**P** = Have Pain)

## Squash



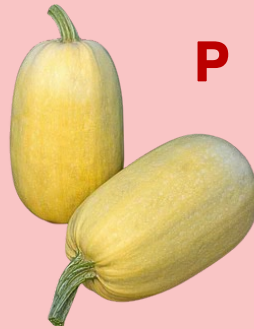
**P**

Sugar pumpkin



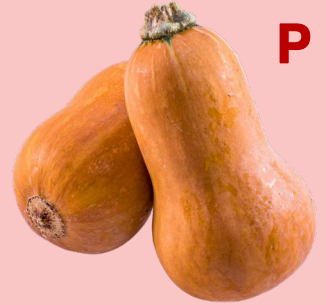
**P**

Butternut squash



**P**

Spaghetti squash



**P**

Honeynut squash



**P**

Acorn squash



**P**

Red Kuri squash



**P**

Turban squash



**P**

Sweet dumpling squash



**P**

Buttercup squash



**P**

Green Kabocha squash



**P**

Red Kabocha squash

### Please remember

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

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

## More Have-Pain Foods

---

Added Feb 15, 2025

---



**P**

**Jicama (Củ đậu)**



**P**

**Pouteria lucuma**



**P**

**Jackfruit**



**P**

**Bamboo shoots**

---

Added Feb 25, 2025

---



**P**

**Rambutan**



**P**

**Guava**



(N = No Pain) (**P** = Have Pain)



**Mangosteen**



**Durian**

————— Added Mar 3, 2025 —————



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



**Maple syrup**



**Peppermint &  
Peppermint oil**

(N = No Pain) (**P** = Have Pain)

———— Added Mar 13, 2025 ————



**P**

**Dark Opal basil**



**P**

**Braeburn apple**



**P**

**Cortland apple**



**P**

**Cosmic Crisp apple**



**P**

**Elstar apple**



**P**

**Empire apple**



**P**

**Jazz apple**



**P**

**Jonathan apple**

(Click to return to Table of Contents)



(N = No Pain) (**P** = Have Pain)



**P**

**McIntosh apple**



**P**

**Rome apple**



**P**

**Cardinal grapes**



**P**

**Concord grapes**



**P**

**Crimson Seedless grapes**



**P**

**Malbec grapes**



**P**

**Midnight Beauty grapes**



**P**

**Pinot Noir grapes**

(N = No Pain) (**P** = Have Pain)



**P**

**Pione grapes**



**P**

**Ribier (Black Monukka) grapes**



**P**

**Sangiovese grapes**



**P**

**Sauvignon Blanc grapes**



**P**

**Sweet Sapphire (Moon Drop) grapes**



**P**

**Syrah/Shiraz grapes**



**P**

**Tempranillo grapes**



(N = No Pain) (P = Have Pain)

Added Mar 24, 2025



P

Taylors of Harrogate  
Yorkshire Tea



P

Numi Organic Golden Chai  
tea



P

Stash Double Spice Chai tea



P

Long Jing (Dragon Well)  
Jiukeng tea



P

Cara Cara orange



P

Moro blood orange



P

Campbell nucellar  
Valencia orange

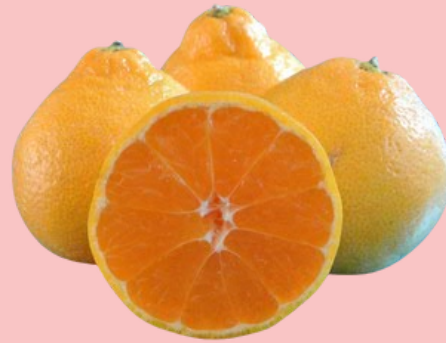
(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)



**P**

**Midnight Valencia orange**



**P**

**Miho satsuma**

---

**Added Mar 29, 2025**

---



**P**

**Bloodroot  
herbal tea**



**P**

**Cinnamon  
herbal tea**



**P**

**Licorice  
herbal tea**



(N = No Pain) (**P** = Have Pain)

---

Added Apr 5, 2025

---



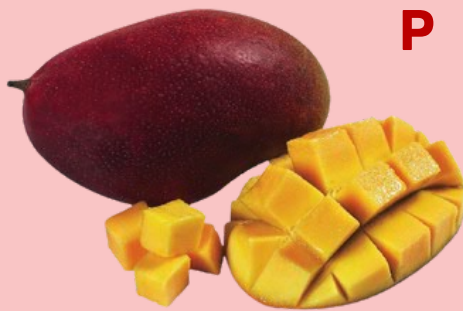
**Irwin mango**



**Neelum mango**



**Osteen mango**



**Palmer mango**



**Tommy Atkins mango**

---

Added Apr 9, 2025

---



**Acai berry**



**Blackberry**



**Boysenberry**

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)



**P**

**Black Currant**



**P**

**Dewberry**



**P**

**Mulberry**



**P**

**Chandler blueberry**



**P**

**Emerald blueberry**



**P**

**O'Neal blueberry**



**P**

**Black raspberry**



**P**

**Aromas strawberry**



(N = No Pain) (**P** = Have Pain)

---

Added Apr 13, 2025

---



**Dorshapo lemon**



**Menton lemon**



**Perrine lemon**



**Ponderosa lemon**

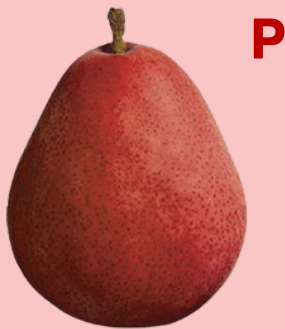


**Verna (Berna) lemon**

---

Added Apr 16, 2025

---



**Anjou pear (red)**



**Bosc pear**



**Chojuro pear**



**Olympic (Korean Giant) pear**



**Tse Li (Tsu Li) pear**

(Click to return to Table of Contents)

(N = No Pain) (**P** = Have Pain)

Added Apr 21, 2025



**P**

**Atomic Red  
carrot**



**P**

**Deep Purple  
carrot**



**P**

**Purple Haze carrot**



**P**

**Yellowstone carrot**



**P**

**Nira garlic chives**



**P**

**Josapine pineapple**



**P**

**Pernambuco  
pineapple**



**P**

**Red Spanish  
pineapple**



**P**

**Sarawak pineapple**



(N = No Pain) (**P** = Have Pain)



**P**

**Sugarloaf  
pineapple**



**P**

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



**P**

**White Jade  
pineapple**

---

**Added Apr 25, 2025**

---



**P**

**Ananasnaya kiwi**



**P**

**Chuhong kiwi**



**P**

**Donghong kiwi**



**P**

**Hongyang kiwi**



**P**

**Jintao kiwi**



**P**

**Ken's Red kiwi**



**P**

**Red Passion  
kiwi**



**P**

**Zespri RubyRed  
kiwi**



**P**

**Angelino plum**

(N = No Pain) (**P** = Have Pain)



**Black Beauty plum**



**Burgundy plum**

## Newest Additions

Added May 5, 2025



**Black koji**

**P**



**Red koji**

**P**



**Yellow koji**

**P**



**Cocozelle  
zucchini**

**P**



**Romanesco  
zucchini**

**P**



**Striato d'Italia  
zucchini**

**P**



(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.



Tip: Press Ctrl+F to search for specific foods

## 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.

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## **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)

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## **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**

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## **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.

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## **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

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## **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**

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## 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

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## 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

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## 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

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## More No-Pain Foods

- 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

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## More No-Pain Foods

- 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

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## More No-Pain Foods

- 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

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## More No-Pain Foods

- 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

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## More No-Pain Foods

- 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

**NEW!**

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## More No-Pain Foods

**NEW!**

- 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

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

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

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