

# 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.

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

**Supreme Master Ching Hai (vegan)**

---

**Cilantro/Coriander**

---

**Bolero cilantro**

**N**



**Calypso cilantro**

**N**



---

**Caribe cilantro**

**N**



**Confetti cilantro**

**N**



---

**Cruiser cilantro**

**N**



**Delfino cilantro**

**N**



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

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**Dwarf Lemon cilantro**

**N**



**Leisure cilantro**

**N**



**Marino cilantro**

**N**



**Poke Joe cilantro**

**N**



**Rak Tamachat cilantro**

**N**



**Santo (Long Standing) cilantro**

**N**





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

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Standby cilantro

**P**



Sunmaster cilantro

**N**



---

RCr-446 coriander

**P**



Thüringer coriander

**N**



---

Yantar coriander (Jantar)

**N**



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

**Supreme Master Ching Hai (vegan)**

---

**Leaf Parsleys**

---

**Banquet parsley**

**N**



**Champion Moss Curled parsley**

**N**



---

**Darki parsley**

**P**



**Extra Triple Curled parsley**

**N**



---

**Festival 68 parsley**

**N**



**Forest Green parsley**

**N**





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

**Frisé Vert Foncé parsley**

**N**



**Gigante d'Italia parsley**

**P**



**Gigante di Napoli parsley**

**N**



**Green Pearl parsley**

**N**



**Hilmar parsley**

**N**



**Kaderava parsley**

**N**



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

**Krausa parsley**

**N**



**Moss Curled II parsley**

**N**



**Paramount parsley**

**N**



**Petra parsley**

**N**



**Plain Leaved 2 parsley**

**N**



**Titan parsley**

**P**





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

---

**Triple Moss Curled parsley**

**N**



---

**Root Parsleys**

---

**Arat parsley**

**N**



**Berliner parsley**

**N**



---

**Eagle parsley**

**P**



**Hilmar parsley**

**N**



**Osborne Root parsley**

**N**





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

---

**Dills**

---

**Ambrosia dill**

**N**



**Bouquet dill**

**N**



---

**Dukat dill**

**N**



**Elephant dill**

**N**



---

**Fernleaf dill**

**N**



**Hera dill**

**N**



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

---

**Hercules dill**

**N**



**Long Island Mammoth dill**

**N**



**Superdukat dill**

**N**



**Teddy dill**

**N**



**Gold Crown dill**

**N**



**Vierling dill**

**N**





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

---

**Radishes**

---

**Bainiang radish (白娘)**

**N**



**Black Spanish Long radish**

**P**



---

**Black Spanish Round radish**

**P**



**Cherry Belle radish**

**N**



---

**Crimson Giant radish**

**N**



**Daikon Minowase radish**

**N**



**(N = No Pain, P = Have Pain) selections from  
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**Daikon Misato Rose radish**

**N**



**Early Scarlet Globe radish**

**N**



**French Breakfast radish**

**N**



**Korean Mu radish**

**N**



**Meihua radish (梅花)**

**N**



**Meinong White Jade radish  
(美濃白玉) N**





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

München Bier radish

**N**



Pink Beauty radish

**N**



Purple Plum radish

**N**



Rat's Tail radish

**N**



Red Dragon radish

**N**



Rudi radish

**N**



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

---

**Sakurajima radish**

**N**



**Shunkyo radish**

**N**



**White Beauty radish**

**N**



**White Icicle radish**

**N**



**Yongxiang radish (永祥)**

**N**



**Zlata radish**

**N**





**Vietnamese coriander**

**Vietnamese-grown (Rau răm)**

**type 1 (grown in Cần Thơ)**

**N**



**type 2 (grown in Đà Nẵng)**

**P**



**type 3 (grown in Hà Nội)**

**N**



**type 4 (grown in HCM CT)**

**N**



**Cambodian-grown (Chi krasang)**

**type 1**

**N**



**type 2**

**P**



**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Indian-grown (Phak phai)**

**type 1**  
(grown in Manipur region)  
**N**



**type 2**  
(grown in Manipur region)  
**P**



**type 3**  
(grown in Manipur region)  
**N**



**type 4**  
(grown in Manipur region)  
**N**



**French-grown**

**type 1**  
**P**



**type 2**  
**P**





**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
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---

**German-grown**

**type 1**

**N**



**type 2**

**N**



---

**Indonesian-grown (Daun kesum)**

**type 1**

**N**



**type 2**

**N**



---

**Japanese-grown**

**type 1**

**P**



**type 2**

**P**



**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Laotian-grown (Phak phaew)**

**type 1**

**N**



**type 2**

**(grown in Xayabouri)**

**N**



**Malaysian-grown (Daun kesum)**

**type 1**

**N**



**type 2**

**N**



**Philippine-grown**

**type 1**

**P**



**type 2**

**P**





**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

**Thai-grown (Phak phaew)**

**type 1**  
**(grown in Maha Sarakham)**

**P**



**type 2**

**N**



**Australian-grown**

**N**



**British-grown**

**P**



**Canadian-grown**

**N**



**Chinese-grown**

**P**



**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
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---

**Dutch-grown**

**P**



**Irish-grown**

**P**



**Italian-grown**

**P**



**Korean-grown**

**P**



**Myanmar-grown (Phetphe)**

**P**



**New Zealand-grown**

**P**





**SupremeMasterTV.com/NoPainFood** Vietnamese coriander  
(**N** = No Pain, **P** = Have Pain) selections from  
**Supreme Master Ching Hai (vegan)**

---

Singaporean-grown (Daun laksa)

**N**



Taiwanese-grown

**N**



US-grown

type 1

**P**



type 2

**P**



type 3

**N**



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

**Bamboo Shoots**

---

**Bambusa blumeana**  
bamboo shoot (刺竹筍)

**N**



**Bambusa edulis (Odashima) Keng**  
bamboo shoot (烏殼綠竹筍)

**N**



---

**Bambusa oldhamii**  
bamboo shoot (綠竹筍)

**N**



**Dendrocalamus brandisii**  
bamboo shoot (甜龍筍)

**N**



---

**Dendrocalamus giganteus**  
bamboo shoot (巨竹筍)

**N**



**Dendrocalamus latiflorus**  
bamboo shoot (麻竹筍)

**N**





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

**Phyllostachys edulis  
bamboo shoot (孟宗筍)**

**N**



**Phyllostachys makinoi Hayata  
bamboo shoot (桂竹筍)**

**N**



**Pseudosasa usawai  
bamboo shoot (箭筍)**

**N**



---

## **Endives**

---

**Benefine endive**

**N**



**Blonde à Coeur Plein endive**

**N**



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

---

**Bubikopf endive**

**N**



**Cornet de Bordeaux endive**

**N**



**De Meaux endive**

**N**



**Eros F1 endive**

**N**



**Full Heart Batavian endive**

**N**



**Géante Maraîchère endive**

**N**





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

---

**Green Curled Ruffec endive**

**N**



**Grosse Pancalière endive**

**N**



**Korbi RZ endive**

**N**



**Rhodos endive**

**N**



**Salad King endive**

**N**



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

---

Sages

---

Berggarten sage

**N**



Extrakta sage

**N**



---

Holt's Mammoth sage

**N**



---

Peppermints

---

French-grown

type 1

(grown in Nouvelle-Aquitaine)

**P**



type 2

(grown in Provence)

**N**





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

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**type 3  
(grown in Île-de-France)**  
**N**



**type 4  
(grown in Grand Est)**  
**P**



---

**Australian-grown**

**type 1  
(grown in Tasmanina)**  
**N**



**type 2  
(grown in central Victoria)**  
**N**



---

**Italian-grown**

**type 1  
(grown in Puglia)**  
**N**



**type 2  
(grown in Piedmont)**  
**P**



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

---

**type 3  
(grown in Tuscany)  
N**



**type 4  
(grown in Puglia)  
P**



---

**Brazilian-grown**

**type 1  
(grown in Maranhão)  
N**



**type 2  
P**



---

**US-grown**

**type 1  
(grown in Kentucky)  
P**



**type 2  
(grown in Arkansas)  
N**





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

**type 3**  
**(grown in Minnesota)**  
**N**



**type 4**  
**(grown in Pennsylvania)**  
**N**



---

**Czech-grown**

**type 1**  
**(grown in Hradec Králové)**  
**N**



**type 2**  
**P**



---

**type 1**  
**(grown in Matrouh)**  
**N**



**Egyptian-grown**

**type 2**  
**(grown in New Valley)**  
**N**



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

Indian-grown

type 1  
(grown in Uttar Pradesh)  
**N**



type 2  
(grown in Uttar Pradesh)  
**N**



---

Iranian-grown

type 1  
**N**



type 2  
(grown in Mazandaran)  
**N**



---

Moroccan-grown

type 1  
**P**



type 2  
**N**





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

---

**Taiwanese-grown**

**type 1**  
**N**



**type 2**  
**N**



**Vietnamese-grown**

**type 1**  
**(grown in Cần Thơ)**  
**N**



**type 2**  
**(grown in Đà Nẵng)**  
**N**



**Argentine-grown**

**N**



**Austrian-grown**

**N**



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

British-grown

**P**



Canadian-grown

**N**



Chinese-grown

**N**



Colombian-grown

**N**



Danish-grown

**N**



Dutch-grown

**N**





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

---

**Finnish-grown**

**N**



**German-grown**

**N**



**Greek-grown**

**N**



**Hungarian-grown**

**N**



**Japanese-grown**

**N**



**Korean-grown**

**N**



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

---

**Mexican-grown**

**N**



**New Zealand-grown**

**P**



**Nigerian-grown**

**N**



**Polish-grown**

**N**



**Russian-grown**

**N**



**Slovenian-grown**

**N**





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

---

**Spanish-grown**

**N**



**Swiss-grown**

**N**



**Swedish-grown**

**N**



**Thai-grown**

**N**



**Turkish-grown**

**N**



**Ukrainian-grown**

**N**



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

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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.**

## **Cilantro/Coriander**

- Bolero cilantro
- Calypso cilantro
- Caribe cilantro
- Confetti cilantro
- Cruiser cilantro
- Delfino cilantro
- Dwarf Lemon cilantro
- Leisure cilantro
- Marino cilantro
- Poke Joe cilantro
- Rak Tamachat cilantro
- Santo (Long Standing) cilantro
- Sunmaster cilantro
- Thüringer coriander
- Yantar coriander (Jantar)

## **Leaf Parsleys**

- Banquet parsley
- Champion Moss Curled parsley
- Extra Triple Curled parsley
- Festival 68 parsley
- Forest Green parsley
- Frisé Vert Foncé parsley
- Gigante di Napoli parsley
- Green Pearl parsley
- Hilmar parsley
- Kaderava parsley
- Krausa parsley
- Moss Curled II parsley
- Paramount parsley
- Petra parsley
- Plain Leaved 2 parsley
- Triple Moss Curled parsley

## **Root Parsleys**

- Arat parsley
- Berliner parsley
- Hilmar parsley
- Osborne Root parsley

**Be Vegan, Keep Peace.**

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

## **Dills**

- Ambrosia dill
- Bouquet dill
- Dukat dill
- Elephant dill
- Fernleaf dill
- Hera dill
- Hercules dill
- Long Island Mammoth dill
- Superdukat dill
- Teddy dill
- Gold Crown dill
- Vierling dill

## **Vietnamese coriander**

*View photos for details*

- Vietnamese-grown (Rau răm)  
(grown in Can Tho, Ha Noi, HCM CT)
- Cambodian-grown (Chi krasang) (type 1)
- Indian-grown (Phak phai) (type 1,3,4)
- German-grown
- Indonesian-grown (Daun kesum)
- Laotian-grown (Phak phaew)
- Malaysian-grown (Daun kesum)
- Thai-grown (Phak phaew) (type 2)
- Australian-grown
- Canadian-grown
- Singaporean-grown (Daun laksa)
- Taiwanese-grown
- US-grown (type 3)

## **Radishes**

- Bainiang radish (白娘)
- Cherry Belle radish
- Crimson Giant radish
- Daikon Minowase radish
- Daikon Misato Rose radish
- Early Scarlet Globe radish
- French Breakfast radish
- Korean Mu radish
- Meihua radish (梅花)
- Meinong White Jade radish  
(美濃白玉)
- München Bier radish
- Pink Beauty radish
- Purple Plum radish
- Rat's Tail radish
- Red Dragon radish
- Rudi radish
- Sakurajima radish
- Shunkyo radish
- White Beauty radish
- White Icicle radish
- Yongxiang radish (永祥)
- Zlata radish

**Be Vegan, Keep Peace.**



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

### **Bamboo Shoots**

- **Bambusa blumeana**  
bamboo shoot (刺竹筍)
- **Bambusa edulis (Odashima) Keng**  
bamboo shoot (烏殼綠竹筍)
- **Bambusa oldhamii**  
bamboo shoot (綠竹筍)
- **Dendrocalamus brandisii**  
bamboo shoot (甜龍筍)
- **Dendrocalamus giganteus**  
bamboo shoot (巨竹筍)
- **Dendrocalamus latiflorus**  
bamboo shoot (麻竹筍)
- **Phyllostachys edulis**  
bamboo shoot (孟宗筍)
- **Phyllostachys makinoi Hayata**  
bamboo shoot (桂竹筍)
- **Pseudosasa usawai**  
bamboo shoot (箭筍)

### **Endives**

- **Benefine endive**
- **Blonde à Coeur Plein endive**
- **Bubikopf endive**
- **Cornet de Bordeaux endive**
- **De Meaux endive**
- **Eros F1 endive**
- **Full Heart Batavian endive**
- **Géante Maraîchère endive**
- **Green Curled Ruffec endive**
- **Grosse Pancalière endive**
- **Korbi RZ endive**
- **Rhodos endive**
- **Salad King endive**

### **Sages**

- **Berggarten sage**
- **Extrakta sage**
- **Holt's Mammoth sage**

**Be Vegan, Keep Peace.**

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

## **Peppermints**

*View photos for details*

- French-grown (type 2, 3)
- Australian-grown
- Italian-grown (type 1, 3)
- Brazilian-grown (type 1)
- US-grown (type 2,3,4)
- Czech-grown (type 1)
- Egyptian-grown
- Indian-grown
- Iranian-grown
- Moroccan-grown (type 2)
- Taiwanese-grown
- Vietnamese-grown
- Argentine-grown
- Austrian-grown
- Canadian-grown
- Chinese-grown
- Colombian-grown
- Danish-grown
- Dutch-grown
- Finnish-grown
- German-grown
- Greek-grown
- Hungarian-grown
- Japanese-grown
- Korean-grown
- Mexican-grown
- Nigerian-grown
- Polish-grown
- Russian-grown
- Slovenian-grown
- Spanish-grown
- Swiss-grown
- Swedish-grown
- Thai-grown
- Turkish-grown
- Ukrainian-grown

**Be Vegan, Keep Peace.**

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