

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

Supreme Master Ching Hai (vegan)

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

Supreme Master Ching Hai (vegan)

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
Supreme Master Ching Hai (vegan)**

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
Supreme Master Ching Hai (vegan)**

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
Supreme Master Ching Hai (vegan)

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
Supreme Master Ching Hai (vegan)

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



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

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
Supreme Master Ching Hai (vegan)

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)

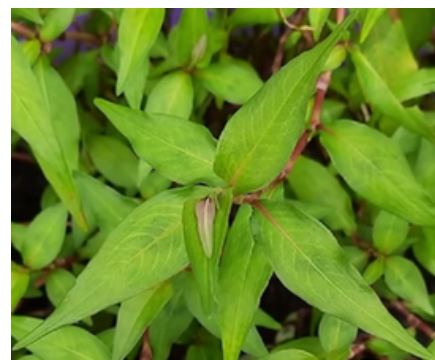
type 1

N



type 2

N



Philippine-grown

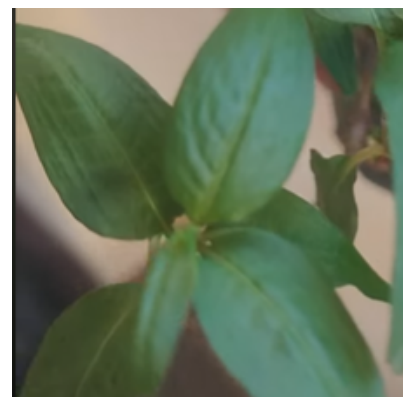
type 1

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



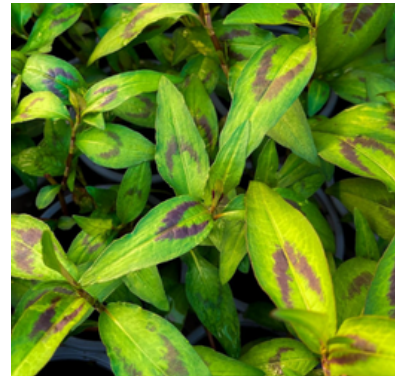
Australian-grown

N



British-grown

P



Canadian-grown

N



Chinese-grown

P



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

Dutch-grown

P



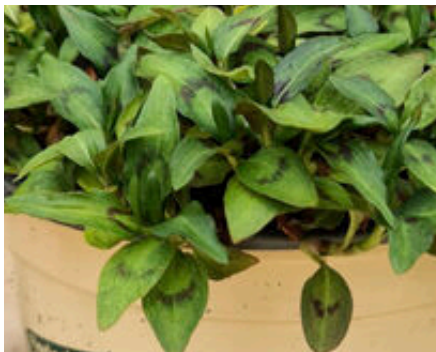
Irish-grown

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
Supreme Master Ching Hai (vegan)

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
Supreme Master Ching Hai (vegan)**

**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



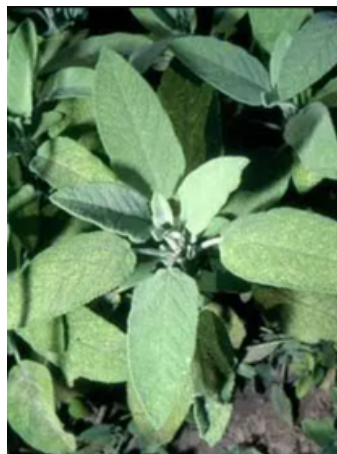
Extrakta sage

N



Holt's Mammoth sage

N



**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

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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.