

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)

Asian Palmyra Palm (fruit)

(*Borassus flabellifer*)

Bangladeshi-grown

type 1
(grown in Rajshahi)

N



type 2

N



type 3

N



type 4

N



Hainan-grown

N



Colombian-grown

N



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

type 1
(grown in Kampong Cham)

N



Cambodian-grown

type 2

N



type 3

N



type 4

N



type 5

N



type 6

N



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

type 1
(grown in Kerala)

N



Indian-grown

type 2
(grown in Maharashtra)

N



type 3
(grown in Tamil Nadu)

N



type 4
(grown in Tamil Nadu)

N



type 5

N



type 6

N



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

type 1
(grown in Central Java)
N



type 2
(grown in East Java)
N



type 3
(grown in Lombok Island)
N



type 4
N



type 5
N



Laotian-grown
N



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

type 1
(grown in Johor)

N



Malaysian-grown

type 2
(grown in Kedah)

N



type 3
(grown in Penang)

N



type 4

N



Myanmar-grown

N



Peruvian-grown

N



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

type 1
(grown in Delft Island)
N



type 2
(grown in Eastern Province)
N



type 3
N



type 4
N



type 1
(grown in Kaohsiung)
N



Taiwanese-grown

type 2
N



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

type 1
(grown in Pattani)

N



Thai-grown

type 2
(grown in Phetchaburi)

N



type 3
(grown in Songkhla)

N



type 4

N



type 5

N



type 6

N



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

type 1
(grown in Florida)

N



US-grown

type 2
(grown in Hawaii)

N



type 1
(grown in An Giang)

N



Vietnamese-grown

type 2
(grown in An Giang)

N



type 3
(grown in An Giang)

N



type 4
(grown in An Giang)

N



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

Asian Palmyra Palm (sap)

(*Borassus flabellifer*)

Bangladeshi-grown

type 1
(grown in Joypurhat)

N



type 2

N



type 3

N



type 4

N



type 1

Cambodian-grown

(grown in Kampong Speu)

N



type 2

N



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

type 1
(grown in Telangana)

N



type 2

N



type 3

N



type 4

N



type 1
(grown in Jaffna)

N



type 2
(grown in Jaffna)

N



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

type 1

Indonesian-grown

type 2

N

N



type 3

Thai-grown
(grown in Phetchaburi)

N

N



type 1

Vietnamese-grown

type 2

(grown in An Giang)

(grown in An Giang)

N

N



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

African Palmyra Palm (fruit)

(*Borassus aethiopum*)

Beninese-grown

type 1
(grown in Donga)

N



type 2
(grown in Donga)

N



type 3

N



Brazilian-grown
(grown in Pernambuco)

N



type 1

N



Ghanaian-grown

type 2

N



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

type 1
(grown in Kaduna State)

N



Nigerian-grown

type 2
(grown in Kano State)

N



type 3

N



Malawian-grown
(grown in Machinga)

N



type 1
(grown in Eastern Equatoria)

N



South Sudanese-grown

type 2

N



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

type 1

Ugandan-grown

type 2

(grown in Northern Region)

N



N



African Palmyra Palm (sap)

(*Borassus aethiopum*)

type 1

Ivorian-grown

type 2

N



N



West African Palmyra Palm (fruit)

(*Borassus akeassii*)

type 1

Burkinabe-grown

type 2

(grown in Hauts-Bassins)

N



N



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

Gambian-grown

**type 1
(grown in Serrekunda)**

N



type 2

N



Ghanaian-grown

N



**Sierra Leonean-grown
(grown in Bombali)**

N



Malian-grown

**type 1
(grown in Mopti Region)**

N



**type 2
(grown in Ségou)**

N



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

type 1
(grown in Kédougou Region)

Senegalese-grown

N



type 2
(grown in Kédougou Region)

N



West African Palmyra Palm (sap)

(*Borassus akeassii*)

type 1
(grown in Banfora)

Burkinabe-grown

N



type 2
(grown in Banfora)

N



type 3
(grown in Banfora)

N



type 4
(grown in Tannounyan)

N



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

type 5
(grown in Tannounyan)

N



type 6
(grown in Tannounyan)

N



Peppercorns
(*Piper nigrum*)
Vietnamese-grown

type 1
(grown in Phú Quốc)

N



type 2
(grown in Phú Quốc)

N



type 3
(grown in Quảng Trị)

N



Tanzanian-grown

N



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

type 1 Australian-grown
(grown in New South Wales)

N



type 2

N



type 1 Beninese-grown

N



type 2

N



Belizean-grown

N



Bolivian-grown
(grown in Beni)

N



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

type 1
(grown in Espírito Santo)

N



type 2
(grown in Espírito Santo)

N



type 3

N



Bruneian-grown

N



type 1
(grown in Putumayo)

N



Colombian-grown

type 2

N



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

type 1
(grown in Littoral)

N



Cameroonian-grown

type 2
(grown in Littoral)

N



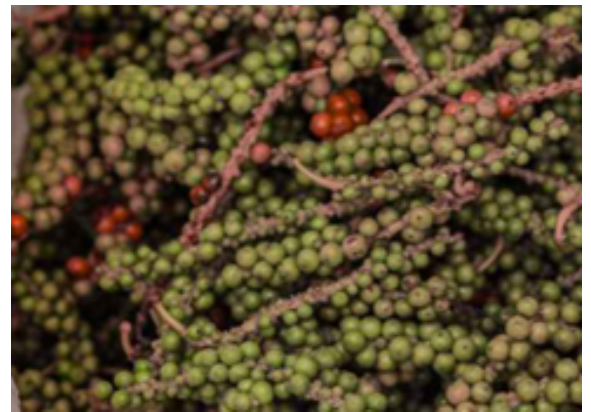
type 3
(grown in Littoral)

N



type 4

N



type 1
Costa Rican-grown

N



type 2

N



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

Hainan-grown

type 1

N



type 2

N



type 3

N



Malawian-grown

N



type 1

N



Ivorian-grown

type 2

N



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

type 1
(grown in Kampot)
N

Cambodian-grown

type 2
(grown in Kampot)
N



type 3
(grown in Kampot)
N

Nepalese-grown
(grown in Gandaki)
N



type 1
N

Ecuadorian-grown

type 2
N



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

type 1

Ghanaian-grown

type 2

N

N



type 1

Indonesian-grown

type 2

(grown in Bangka)

(grown in Belitung Island)

N

N



type 3

(grown in Lampung)

type 4

(grown in Lampung)

N

N



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

type 1
(grown in Karnataka)

N



Indian-grown

type 2
(grown in Karnataka)

N



type 3
(grown in Kerala)

N



type 4
(grown in Kerala)

N



type 5
(grown in Tamil Nadu)

N



Panamanian-grown

N



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

type 1
(grown in Champasak)
N



Laotian-grown

type 2
N



type 1
(grown in Sarawak)
N



Malaysian-grown

type 2
(grown in Sarawak)
N



type 3
(grown in Sarawak)
N



type 4
N



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

type 1
(grown in Kayin)
N



Myanmar-grown
type 2
(grown in Mon)
N



type 3
N



type 4
N



type 1
Sri Lankan-grown
N



type 2
N



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

type 1
(grown in Atsinanana)

N



Malagasy-grown

type 2
(grown in Atsinanana)

N



type 3
(grown in Sava)

N



Seychellois-grown
(grown in Mahé)

N



type 1
(grown in Kaohsiung)

N



Taiwanese-grown

type 2
(grown in Pingtung)

N



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

type 1
(grown in Batangas)

N



Philippine-grown

type 2
(grown in Laguna)

N



type 3

N



type 4

N



type 5

N



type 6

N



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

type 1
(grown in Chanthaburi)

N



Thai-grown

type 2
(grown in Phetchabun)

N



type 3
(grown in Trang)

N



type 4
(grown in Trang)

N



type 5

N



South African-grown

N



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

Ugandan-grown

N



US-grown
(grown in Connecticut)

N



Vĩnh Linh pepper
Vietnamese-grown

type 1
(grown in Đắk Lắk)

N



type 2

N



Wayanadan pepper
Indian-grown

type 1
(grown in Kerala)

N



type 2

N



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

Bragantina pepper

type 1
(grown in Espírito Santo)

N



Brazilian-grown

type 2

N



Apra pepper

Brazilian-grown
(grown in Pará)

N



Cingapura pepper

Brazilian-grown
(grown in Pará)

N



Guajarina pepper

Brazilian-grown

N



Iaçar pepper

Brazilian-grown
(grown in Pará)

N



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

IISR Chandra pepper

Indian-grown

Kamchay pepper

Cambodian-grown

N



N



Kottanadan pepper

Brazilian-grown

type 1

(grown in Bahia)

type 2

(grown in Pará)

N



N



type 1

(grown in Kerala)

Indian-grown

type 2

N



N



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

Kuching pepper

**Malaysian-grown
(grown in Sarawak)**

N



Thai-grown

N



**Karimunda pepper
Indian-grown**

N



**Kuthiravally pepper
Brazilian-grown
(grown in Pará)**

N



**Lada Belantoeng pepper
Vietnamese-grown**

N



**Lampung Daun Kecil pepper
Indonesian-grown
(grown in South Sulawesi)**

N



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

— Lampung Daun Lebar pepper ————— Malonan 1 pepper —————
Indonesian-grown Indonesian-grown
(grown in East Kalimantan)

N



N



————— Natar 1 pepper —————
Indonesian-grown

N



————— Panchami pepper —————
Indian-grown
(grown in Kerala)

N



————— Panniyur-1 pepper —————
Indian-grown

type 1

N



type 2

N



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

—Pepper Thekkan pepper —

Indian-grown
(grown in Kerala)

N



Petaling 1 pepper —

Indonesian-grown
(grown in Lampung)

N



— Petaling 2 pepper —

Indonesian-grown
(grown in South Sulawesi)

N



— Sreekara pepper —

Indian-grown

N



— Semongok Aman pepper —

type 1

Malaysian-grown

type 2

N

N



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

Semongok Emas pepper
Malaysian-grown

type 1

N



type 2

N



Bigtooth maple
(*Acer grandidentatum*)
US-grown

type 1
(grown in Idaho)

P



type 2
(grown in Idaho)

P



type 3
(grown in Utah)
P



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

Boxelder
(*Acer negundo*)
Canadian-grown

type 1
(grown in Alberta)

P



type 2
(grown in Manitoba)

P



type 3
(grown in Ontario)

P



type 4

P



type 1
(grown in Utah)

P



US-grown

type 2

P



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

Black maple
(*Acer nigrum*)

US-grown

type 1
(grown in Minnesota)

P



type 2
(grown in Pennsylvania)

P



Norway maple
(*Acer platanoides*)

Finnish-grown

type 1

P



type 2

P



Canadian-grown
(grown in Ontario)

P



Latvian-grown

P



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

Russian-grown

P



Ukrainian-grown

P



type 1

P



Swedish-grown

type 2

P



type 1

(grown in Pennsylvania)

P



US-grown

type 2

(grown in Pennsylvania)

P



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

Okamoto painted maple
(*Acer okamotoanum*)

South Korean-grown

type 1
(grown in Ulleung Island)

P



type 2
(grown in Ulleung Island)

P



Sycamore maple
(*Acer pseudoplatanus*)

Czech-grown
(grown in Krušné hory)

P



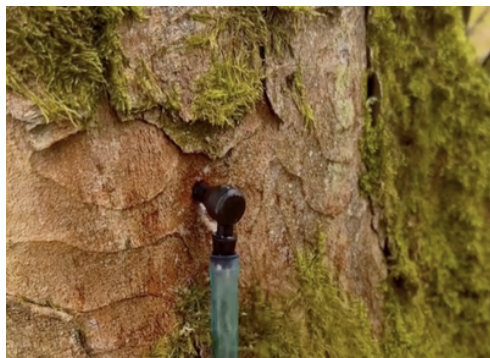
Swiss-grown

P



type 1

P



UK-grown

type 2

P



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

Sugar maple
(*Acer saccharum*)

Canadian-grown

type 1
(grown in New Brunswick)

P



type 2
(grown in Nova Scotia)

P



type 3
(grown in Nova Scotia)

P



type 4
(grown in Ontario)

P



type 5
(grown in Ontario)

P



type 6
(grown in Québec)

P



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

type 7
(grown in Québec)

P



New Zealand-grown

P



type 1
(grown in Connecticut)

P



US-grown

type 2
(grown in Maine)

P



type 3
(grown in New Hampshire)

P



type 4
(grown in Ohio)

P



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

**type 5
(grown in Ohio)**

P



**type 6
(grown in Pennsylvania)**

P



**type 7
(grown in Pennsylvania)**

P



**type 8
(grown in Vermont)**

P



**type 9
(grown in Vermont)**

P



**type 10
(grown in West Virginia)**

P



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

Amur maple
(*Acer ginnala*)

South Korean-grown

type 1
(grown in Gangwon-do)
P



type 2
P



Bigleaf maple
(*Acer macrophyllum*)
US-grown

type 1
(grown in Oregon)
P



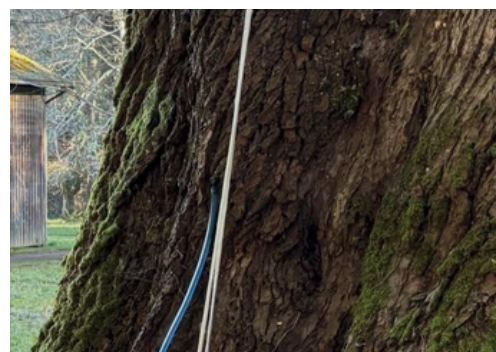
type 2
(grown in Oregon)
P



type 3
(grown in Oregon)
P



type 4
(grown in Washington)
P



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

type 5
(grown in Washington)

P



type 6
(grown in Washington)

P



type 1
(grown in British Columbia)

P



Canadian-grown

type 2
(grown in British Columbia)

P



type 3
(grown in British Columbia)

P



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

Silver maple
(*Acer saccharinum*)

US-grown

type 1
(grown in Michigan)

P



type 2
(grown in New York)

P



type 3
(grown in Ohio)

P



type 4
(grown in South Dakota)

P



type 5

P



type 6

P



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

Canadian-grown
(grown in Ontario)

P



Redvein maple
(*Acer rufinerve*)
Japanese-grown

type 1
(grown in Iwate)

P



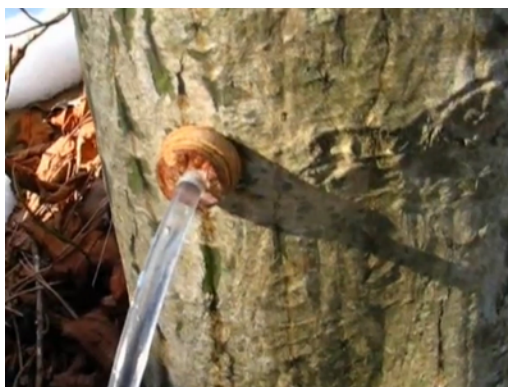
type 2
(grown in Mie)

P



type 3

P



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

Painted maple
(*Acer pictum*)

Japanese-grown

type 1
(grown in Hokkaido)

P



type 2

P



type 1
(grown in Gangwon-do)

P



South Korean-grown

type 2
(grown in Gyeonggi-do)

P



type 3
(grown in Gyeongsangnam-do)

P



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

Red maple
(*Acer rubrum*)

US-grown

type 1
(grown in Georgia)

P



type 2
(grown in Michigan)

P



type 3
(grown in New Jersey)

P



type 4
(grown in Ohio)

P



Canadian-grown

P



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

Field maple
(*Acer campestre*)
Russian-grown

P



Black walnut
(*Juglans nigra*)

Austrian-grown

N



German-grown

N



type 1
(grown in Alberta)

N



Canadian-grown

type 2
(grown in Nova Scotia)

N



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

Polish-grown

N



Romanian-grown
(grown in Transylvania)

N



Swedish-grown

N



Ukrainian-grown
(grown in Vinnytsia)

N



type 1
(grown in Nebraska)

N



US-grown
type 2
(grown in New Jersey)

N



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

type 3

(grown in North Carolina)

N



type 4

(grown in Pennsylvania)

N



type 5

(grown in Virginia)

N



type 6

N



type 7

N



type 8

N



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

type 9

N



UK-grown
(grown in Wales)

N



Manchurian walnut
(*Juglans mandshurica*)

Chinese-grown

N



Finnish-grown

N



Swedish-grown
(grown in Mörkö)

N



Japanese-grown
(grown in Gifu)

N



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

Russian-grown

N

N



South Korean-grown
(grown in Jeju)

N



Persian walnut
(*Juglans regia*)

Ukrainian-grown

type 1

(grown in Cherkasy)

N



type 2

(grown in Odesa)

N



type 1

(grown in Kent)

N



UK-grown

type 2

(grown in Kent)

N



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

type 1
(grown in Catamarca)

N



Argentine-grown

type 2
(grown in La Rioja)

N



type 3
(grown in Mendoza)

N



Azerbaijani-grown
(grown in Zaqatala)

N



type 1
(grown in Dibër)

N



Albanian-grown

type 2

N



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

Australian-grown

type 1

(grown in Goulburn Valley)

N



type 2

(grown in New South Wales)

N



type 3

(grown in Victoria)

N



type 4

(grown in Victoria)

N



Armenian-grown

type 1

(grown in Kotayk)

N



type 2

(grown in Vayots Dzor)

N



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

type 1
(grown in Lower Austria)
N



type 2
(grown in Lower Austria)
N



type 3
N

A photograph showing several whole, dark-brown walnuts with wrinkled shells, scattered on a white, textured surface.

Belarusian-grown
N

A photograph showing a single walnut hanging from a branch. The walnut is light brown and has a smooth, elongated shape. The branch is dark and has some green leaves in the background.

type 1
(grown in Wallonia)
N



Belgian-grown

type 2
N



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

type 1
(grown in Tarija)

N



Bolivian-grown

type 2

N



Bosnian-grown

N



Bulgarian-grown

N



type 1
(grown in Shannxi)

N



Chinese-grown

type 2
(grown in Shanxi)

N



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

type 1
(grown in Moravia)

N



Czech-grown

type 2

N



Chilean-grown
(grown in Maule)

N



Ecuadorian-grown

N



type 1
Danish-grown

N



type 2

N



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

type 1
(grown in Isère)
N



type 2
N



Finnish-grown
N



German-grown
N



type 1
(grown in Borsod-Abaúj-Zemplén)
N



type 2
N



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

type 1

(grown in Jammu and Kashmir)

N



Indian-grown

type 2

(grown in Jammu and Kashmir)

N



Greek-grown

(grown in Eastern Macedonia and Thrace)

N



Iraqi-grown

(grown in Kurdistan Region)

N



**Iranian-grown
(grown in Golestan)**

N



Israeli-grown

N



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

type 1
(grown in Emilia-Romagna)

N



Italian-grown

type 2
(grown in Veneto)

N



Kosovan-grown

N



Kyrgyz-grown
(grown in Jalal-Abad)

N



type 1
Lebanese-grown

N



type 2

N



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

type 1
(grown in Alytus)

N



Lithuanian-grown

type 2
(grown in Vilkaviškis)

N



type 1
(grown in Făleşti)

N



Moldovan-grown

type 2

N



type 1
(grown in Al Hoceima)

N



Moroccan-grown

type 2
(grown in Marrakesh-Safi)

N

N



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

Mexican-grown

N



Dutch-grown
(grown in North Brabant)

N



type 1
(grown in Canterbury)

N



New Zealand-grown

type 2
(grown in Manawatū-Whanganui)

N



type 1
(grown in Punjab)

N



Pakistani-grown

type 2

N



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

Macedonian-grown

N



Slovenian-grown
(grown in Posavje)

N



type 1

Polish-grown

(grown in Świętokrzyskie Voivodeship)

N

N



type 2

N



type 1

Portuguese-grown

(grown in Coimbra)

N



type 2

(grown in Santarém)

N



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

type 1
(grown in Moscow)

N



Russian-grown

type 2

N



type 1
(grown in Braničevo)

N



Serbian-grown

type 2
(grown in Kolubara)

N



type 3

N



Swedish-grown
(grown in Västernorrland)

N



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

type 1
(grown in Chungcheongbuk-do)

N



type 2
(grown in Jeollabuk-do)

N



type 1
(grown in Castilla y León)

N



Spanish-grown

type 2
(grown in Catalonia)

N



type 1
Swiss-grown

N



type 2

N



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

type 1
(grown in Aleppo)

N



Syrian-grown

type 2
(grown in Idlib)

N



type 3
(grown in Idlib)

N



type 4
(grown in Rif Dimashq)

N



type 1
(grown in Bilecik)

N



Turkish-grown

type 2
(grown in Kahramanmaraş)

N



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

Tajik-grown
(grown in Sughd)

N **N**



Uruguayan-grown
(grown in Montevideo)

N



Wen 185 walnut
Chinese-grown
(grown in Xinjiang)

N **N**



Wonder von Monrepos walnut –
Dutch-grown

N



Xinxin 2 walnut
Chinese-grown
(grown in Xinjiang)

N



Zha 343 walnut
Chinese-grown
(grown in Xinjiang)

N



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

Supreme Master Ching Hai (vegan)

— Adams No. 10 walnut —

Dutch-grown

N



Bilecik walnut —

Turkish-grown
(grown in Bilecik)

N



———— Broadview walnut ————

Canadian-grown

N



German-grown

N

N



Lithuanian-grown

N



Dutch-grown

N



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

Bolle Jan walnut

Dutch-grown

N



Bukovynsky walnut

Ukrainian-grown

N



Chandler walnut

Argentine-grown

type 1

(grown in Mendoza)

N

N



type 2

N

N



Chilean-grown

type 1

(grown in Santiago Metropolitan)

N



type 2

N



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

German-grown

N

N



Greek-grown

N



Iranian-grown

N



Kosovan-grown
(grown in Prizren)

N



Moldovan-grown

N



Portuguese-grown
(grown in Trancoso)

N



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

Russian-grown

N



Spanish-grown

N



type 1
(grown in Aydın)

N



Turkish-grown

type 2
(grown in Manisa)

N



type 3
(grown in Mersin)

N



type 4

N



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

type 1
(grown in Zaječar)
N



Serbian-grown

type 2
N



Tajik-grown
(grown in Tursunzoda)
N



Ukrainian-grown
(grown in Vinnytsia)
N



type 1
(grown in California)
N



US-grown

type 2
(grown in California)
N



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

Fernor walnut

French-grown
(grown in Nouvelle-Aquitaine)

N



Romanian-grown

N

N



type 1
(grown in Kırıkkale)

N



Turkish-grown

type 2

N



Franquette walnut

Australian-grown
(grown in Tasmania)

N



German-grown

N



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

Geisenheimer walnut

German-grown

N

N



Lithuanian-grown

N



Howard walnut

Turkish-grown

N



US-grown
(grown in California)

N



Hartley walnut
US-grown

N

N



Jupiter walnut
German-grown

N



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

Lange van Lod walnut

German-grown

N



Dutch-grown

N



Lara walnut

**Australian-grown
(grown in Tasmania)**

N



Bulgarian-grown

N

N



French-grown

N



Turkish-grown

N



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

Supreme Master Ching Hai (vegan)

—— Livermore walnut ——

US-grown
(grown in California)

N



Maras 18 walnut ——

Turkish-grown

N



—— Moselaner walnut ——

German-grown

N

N



Lithuanian-grown

N



—— Mayette walnut ——

Liechtensteiner-grown

N



Red Phantom walnut —

Dutch-grown

N



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

Supreme Master Ching Hai (vegan)

— **Red Rief walnut** —

Liechtensteiner-grown

N



— **Rote Aufhaus walnut** —

German-grown

N

N



— **Rote Donaunuss walnut** —

German-grown

N



— **Sorrento walnut** —

Italian-grown

N



— **Tulare walnut** —

Turkish-grown

N

N



— **US-grown**
(grown in California)

N



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

Serr walnut

Argentine-grown

N



Chilean-grown

N

N



Russian-grown
(grown in Krasnodar)

N



US-grown

N



Vina walnut

Australian-grown
(grown in Tasmania)

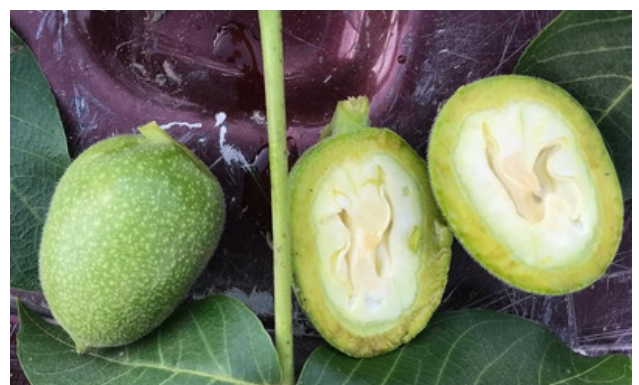
N



US-grown
(grown in California)

N

N



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

Shinano-gurumi walnut

Japanese-grown

type 1
(grown in Nagano)

N



type 2

N



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

END

(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.

Palmyra Palms

View photos for details

Asian Palmyra Palm (fruit)

(*Borassus flabellifer*)

- Bangladeshi-grown
- Hainan-grown
- Colombian-grown
- Cambodian-grown
- Indian-grown
- Indonesian-grown
- Laotian-grown
- Malaysian-grown
- Myanmar-grown
- Peruvian-grown
- Sri Lankan-grown
- Taiwanese-grown
- Thai-grown
- US-grown
- Vietnamese-grown (grown in An Giang)

Asian Palmyra Palm (sap)

(*Borassus flabellifer*)

- Bangladeshi-grown
- Cambodian-grown

- Indian-grown
- Sri Lankan-grown (grown in Jaffna)
- Indonesian-grown
- Thai-grown (grown in Phetchaburi)
- Vietnamese-grown (grown in An Giang)

African Palmyra Palm (fruit)

(*Borassus aethiopum*)

- Beninese-grown
- Brazilian-grown (grown in Pernambuco)
- Ghanaian-grown
- Nigerian-grown
- Malawian-grown (grown in Machinga)
- South Sudanese-grown
- Ugandan-grown

African Palmyra Palm (sap)

(*Borassus aethiopum*)

- Ivorian-grown

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

(All foods below are No-Pain)

West African Palmyra Palm (fruit)

(*Borassus akeassii*)

- **Burkinabe-grown**
- **Gambian-grown**
- **Ghanaian-grown**
- **Sierra Leonean-grown (grown in Bombali)**
- **Malian-grown**
- **Senegalese-grown (grown in Kédougou Region)**

West African Palmyra Palm (sap)

(*Borassus akeassii*)

- **Burkinabe-grown**

Peppercorns

View photos for details

- | | |
|--|--|
| • Vietnamese-grown | • Ecuadorian-grown |
| • Tanzanian-grown | • Ghanaian-grown |
| • Australian-grown | • Indonesian-grown |
| • Beninese-grown | • Indian-grown |
| • Belizean-grown | • Panamanian-grown |
| • Bolivian-grown (grown in Beni) | • Laotian-grown |
| • Brazilian-grown | • Malaysian-grown |
| • Bruneian-grown | • Myanmar-grown |
| • Colombian-grown | • Sri Lankan-grown |
| • Cameroonian-grown | • Malagasy-grown |
| • Costa Rican-grown | • Seychellois-grown (grown in Mahé) |
| • Hainan-grown | • Taiwanese-grown |
| • Malawian-grown | • Philippine-grown |
| • Ivorian-grown | • Thai-grown |
| • Cambodian-grown (grown in Kampot) | • South African-grown |
| • Nepalese-grown (grown in Gandaki) | • Ugandan-grown |
| | • US-grown (grown in Connecticut) |

(All foods below are No-Pain)

Vĩnh Linh pepper

- Vietnamese-grown

Wayanadan pepper

- Indian-grown

Bragantina pepper

- Brazilian-grown

Apra pepper

- Brazilian-grown (grown in Pará)

Cingapura pepper

- Brazilian-grown (grown in Pará)

Guajarina pepper

- Brazilian-grown

Iaçará pepper

- Brazilian-grown (grown in Pará)

IISR Chandra pepper

- Indian-grown

Kamchay pepper

- Cambodian-grown

Kottanadan pepper

- Brazilian-grown
- Indian-grown

Kuching pepper

- Malaysian-grown (grown in Sarawak)
- Thai-grown

Karimunda pepper

- Indian-grown

Kuthiravally pepper

- Brazilian-grown (grown in Pará)

Lada Belantoeng pepper

- Vietnamese-grown

Lampung Daun Kecil pepper

- Indonesian-grown (grown in South Sulawesi)

Lampung Daun Lebar pepper

- Indonesian-grown

Malonan 1 pepper

- Indonesian-grown (grown in East Kalimantan)

Natar 1 pepper

- Indonesian-grown

Panchami pepper

- Indian-grown (grown in Kerala)

Panniyur-1 pepper

- Indian-grown

Pepper Thekkan pepper

- Indian-grown (grown in Kerala)

Petaling 1 pepper

- Indonesian-grown (grown in Lampung)

Petaling 2 pepper

- Indonesian-grown (grown in South Sulawesi)

Sreekara pepper

- Indian-grown

Semongok Aman pepper

- Malaysian-grown

Semongok Emas pepper

- Malaysian-grown

Walnuts

View photos for details

Black walnut (*Juglans nigra*)

- Austrian-grown
- German-grown
- Canadian-grown
- Polish-grown
- Romanian-grown (grown in Transylvania)
- Swedish-grown
- Ukrainian-grown (grown in Vinnytsia)
- US-grown
- UK-grown (grown in Wales)
- Austrian-grown
- Belarusian-grown
- Belgian-grown
- Bolivian-grown
- Bosnian-grown
- Bulgarian-grown
- Chinese-grown
- Czech-grown
- Chilean-grown (grown in Maule)
- Ecuadorian-grown
- Danish-grown
- French-grown

Manchurian walnut (*Juglans mandshurica*)

- Chinese-grown
- Finnish-grown
- Swedish-grown (grown in Mörkö)
- Japanese-grown (grown in Gifu)
- Russian-grown
- South Korean-grown (grown in Jeju)
- Finnish-grown
- German-grown
- Hungarian-grown
- Indian-grown (grown in Jammu and Kashmir)
- Greek-grown (grown in Eastern Macedonia and Thrace)

Persian walnut (*Juglans regia*)

- Ukrainian-grown
- UK-grown (grown in Kent)
- Argentine-grown
- Azerbaijani-grown (grown in Zaqatala)
- Albanian-grown
- Australian-grown
- Armenian-grown
- Iraqi-grown (grown in Kurdistan Region)
- Iranian-grown (grown in Golestan)
- Israeli-grown
- Italian-grown
- Kosovan-grown
- Kyrgyz-grown (grown in Jalal-Abad)
- Lebanese-grown
- Lithuanian-grown
- Moldovan-grown
- Moroccan-grown

(All foods below are No-Pain)

- Mexican-grown
- Dutch-grown (grown in North Brabant)
- New Zealand-grown
- Pakistani-grown
- Macedonian-grown
- Slovenian-grown (grown in Posavje)
- Polish-grown
- Portuguese-grown
- Russian-grown
- Serbian-grown
- Swedish-grown (grown in Västernorrland)
- South Korean-grown
- Spanish-grown
- Swiss-grown
- Syrian-grown
- Turkish-grown
- Tajik-grown (grown in Sughd)
- Uruguayan-grown (grown in Montevideo)

Wen 185 walnut

- Chinese-grown (grown in Xinjiang)

Wonder von Monrepos walnut

- Dutch-grown

Xinxin 2 walnut

- Chinese-grown (grown in Xinjiang)

Zha 343 walnut

- Chinese-grown (grown in Xinjiang)

Adams No. 10 walnut

- Dutch-grown

Bilecik walnut

- Turkish-grown (grown in Bilecik)

Broadview walnut

- Canadian-grown
- German-grown
- Lithuanian-grown
- Dutch-grown

Bolle Jan walnut

- Dutch-grown

Bukovynsky walnut

- Ukrainian-grown

Chandler walnut

- Argentine-grown
- Chilean-grown
- German-grown
- Greek-grown
- Iranian-grown
- Kosovan-grown (grown in Prizren)
- Moldovan-grown
- Portuguese-grown (grown in Trancoso)

(All foods below are No-Pain)

- Russian-grown
- Spanish-grown
- Turkish-grown
- Serbian-grown
- Tajik-grown (grown in Tursunzoda)
- Ukrainian-grown (grown in Vinnytsia)
- US-grown

Fernor walnut

- French-grown (grown in Nouvelle-Aquitaine)
- Romanian-grown
- Turkish-grown

Franquette walnut

- Australian-grown (grown in Tasmania)
- German-grown

Geisenheimer walnut

- German-grown
- Lithuanian-grown

Howard walnut

- Turkish-grown
- US-grown (grown in California)

Hartley walnut

- US-grown

Jupiter walnut

- German-grown

Lange van Lod walnut

- German-grown
- Dutch-grown

Lara walnut

- Australian-grown (grown in Tasmania)
- Bulgarian-grown
- French-grown
- Turkish-grown

Livermore walnut

- US-grown (grown in California)

Maraş 18 walnut

- Turkish-grown

Moselaner walnut

- German-grown
- Lithuanian-grown

Mayette walnut

- Liechtensteiner-grown

Red Phantom walnut

- Dutch-grown

Red Rief walnut

- Liechtensteiner-grown

(All foods below are No-Pain)

Rote Aufhaus walnut

- German-grown

Rote Donaunuss walnut

- German-grown

Sorrento walnut

- Italian-grown

Tulare walnut

- Turkish-grown
- US-grown (grown in California)

Serr walnut

- Argentine-grown
- Chilean-grown
- Russian-grown (grown in Krasnodar)
- US-grown

Vina walnut

- Australian-grown (grown in Tasmania)
- US-grown (grown in California)

Shinano-gurumi walnut

- Japanese-grown