

## pH Values of Common Foods and Ingredients

Note: Variation exists between varieties, condition of growing and processing methods.

| Item                          | Approx. pH  | Item                      | Approx. pH |
|-------------------------------|-------------|---------------------------|------------|
| Apple, baked with sugar       | 3.20 - 3.55 | Brussels sprout           | 6.00-6.30  |
| Apple, eating                 | 3.30-4.00   | Cabbage                   | 5.20-6.80  |
| Apple – Delicious             | 3.9         | Cabbage, green            | 5.50-6.75  |
| Apple – Golden Delicious      | 3.6         | Cactus                    | 4.70       |
| Apple – Jonathan              | 3.33        | Cantaloupe                | 6.13-6.58  |
| Apple – McIntosh              | 3.34        | Carrots                   | 5.88-6.40  |
| Apple Juice                   | 3.35-4.00   | Cauliflower               | 5.6        |
| Apple Sauce                   | 3.10-3.60   | Celery                    | 5.70-6.00  |
| Apple – Winesap               | 3.47        | Cherries, California      | 4.01-4.54  |
| Apricots                      | 3.30-4.80   | Cherries, red, water pack | 3.25-3.82  |
| Apricot nectar                | 3.78        | Cherries, Royal Ann       | 3.80-3.83  |
| Apricots, pureed              | 3.42-3.83   | Corn                      | 5.90-7.50  |
| Artichokes                    | 5.50-6.00   | Cucumbers                 | 5.12-5.78  |
| Artichokes, canned, acidified | 4.30-4.60   | Cucumbers, dill pickles   | 3.20-3.70  |
| Artichokes, Jerusalem, cooked | 5.93-6.00   | Cucumbers, pickled        | 4.20-4.60  |
| Asparagus                     | 6.00-6.70   | Eggplant                  | 4.5-5.3    |
| Avocados                      | 6.27-6.58   | Figs, Calamyrna           | 5.05-5.98  |
| Baby corn                     | 5.20        | Four bean salad           | 5.60       |
| Bamboo Shoots                 | 5.10-6.20   | Fruit cocktail            | 3.60-4.00  |
| Bananas                       | 4.50-5.20   | Grapes, Concord           | 2.80-3.00  |
| Beans                         | 5.60-6.50   | Grapes, Niagara           | 2.80-3.27  |
| Beans, black                  | 5.78-6.02   | Grapes, seedless          | 2.90-3.82  |
| Beans, kidney                 | 5.40-6.00   | Grapefruit                | 3.00-3.75  |
| Beans, lima                   | 6.50        | Horseradish, ground       | 5.35       |
| Beans, soy                    | 6.00-6.60   | Jam, fruit                | 3.50-4.50  |
| Beans, string                 | 5.60        | Jellies, fruit            | 3.00-3.50  |
| Beans, wax                    | 5.30-5.70   | Ketchup                   | 3.89-3.92  |
| Beans, pork & tomato sauce    | 5.10-5.80   | Leeks                     | 5.50-6.17  |
| Beets                         | 5.30-6.60   | Lemon juice               | 2.00-2.60  |
| Beets, canned, acidified      | 4.30-4.60   | Lime juice                | 2.00-2.35  |
| Blackberries, Washington      | 3.85-4.50   | Lime                      | 2.00-2.80  |
| Blueberries, Maine            | 3.12-3.33   | Loganberries              | 2.70-3.50  |
| Blueberries, frozen           | 3.11-3.22   | Mangoes, ripe             | 3.40-4.80  |
| Broccoli                      | 6.30-6.85   | Mangoes, green            | 5.80-6.00  |

| Item                     | Approx. pH | Item                   | Approx. pH |
|--------------------------|------------|------------------------|------------|
| Maple syrup              | 5.15       | Pomegranate            | 2.93-3.20  |
| Melon, Honey dew         | 6.00-6.67  | Potatoes               | 5.40-5.90  |
| Mint jelly               | 3.01       | Prunes                 | 3.63-3.92  |
| Mushrooms                | 6.00-6.70  | Pumpkin                | 4.990-5.50 |
| Nectarines               | 3.92-4.18  | Radishes, red          | 5.85-6.05  |
| Okra, cooked             | 5.50-6.60  | Radishes, white        | 5.52-5.69  |
| Olives, black            | 6.00-7.00  | Raspberries            | 3.22-3.95  |
| Olives, green fermented  | 3.60-4.60  | Rhubarb                | 3.10-3.40  |
| Olives, ripe             | 6.00-7.50  | Sauerkraut             | 3.30-3.60  |
| Onions, pickled          | 3.70-4.60  | Spinach                | 5.50-6.80  |
| Onions, red              | 5.30-5.880 | Squash, acorn, cooked  | 5.18-6.49  |
| Onions, white            | 5.37-5.85  | Squash, white, cooked  | 5.52-5.80  |
| Onions, yellow           | 5.32-5.60  | Squash, yellow, cooked | 5.79-6.00  |
| Oranges, Florida         | 3.69-4.34  | Strawberries           | 3.00-3.90  |
| Orange juice, California | 3.30-4.19  | Sweet potatoes         | 5.30-5.60  |
| Orange juice, Florida    | 3.30-4.15  | Three-bean salad       | 5.40       |
| Palm, heart of           | 6.70       | Tofu (soybean curd)    | 7.20       |
| Papaya                   | 5.20-6.00  | Tomatillo              | 3.83       |
| Parsnip                  | 5.30-5.70  | Tomatoes               | 4.30-4.90  |
| Peaches                  | 3.30-4.05  | Tomatoes, juice        | 4.10-4.60  |
| Pears, Bartlett          | 3.50-4.60  | Tomatoes, paste        | 3.50-4.70  |
| Peas, canned             | 5.70-6.00  | Tomatoes, puree        | 4.30-4.47  |
| Peas, Garbanzo           | 6.48-6.80  | Tomatoes, vine ripened | 4.42-4.65  |
| Peppers                  | 4.65-5.45  | Vinegar                | 2.40-3.40  |
| Peppers, green           | 5.20-5.93  | Vinegar, cider         | 3.10       |
| Persimmons               | 4.42-4.70  | Watermelon             | 5.18-5.60  |
| Pickles, fresh pack      | 5.10-5.40  | Zucchini, cooked       | 5.69-6.10  |
| Pimiento                 | 4.40-4.90  |                        |            |
| Pineapple                | 3.20-4.00  |                        |            |
| Plums, Blue              | 2.80-3.40  |                        |            |
| Plums, Red               | 3.60-4.30  |                        |            |

### Common Ingredients

|        |         |             |         |            |         |         |         |
|--------|---------|-------------|---------|------------|---------|---------|---------|
| Butter | 6.1-6.4 | Corn starch | 4.0-7.0 | Corn syrup | 5.0     | Flour   | 6.0-6.3 |
| Honey  | 3.9     | Molasses    | 5.0-5.5 | Sugar      | 5.0-6.0 | Vinegar | 2.0-3.4 |

### References:

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