

Approximate pH of Selected Foods

Following is a list of approximate pH levels in foods. Considerable variation exists between varieties, condition of growing and processing methods. A more complete list is found here: www.cfsan.fda.gov/~comm/lacp-phs.html

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	5.90-7.30
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	5.50-6.50
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		

References:

1. Anon. 1962. pH values of food products. Food Eng. 34(3): 98-99.
2. Bridges, M. A., and Mattice, M.R. 1939. Over two thousand estimations of the pH of representative foods, American J. Digestive Diseases, 9:440-449.
3. Warren L. Landry and et al. 1995. Examination of canned foods. FDA Bacteriological Analytical Manual, 8th Ed. Chapter 21, Table 11, AOAC International, Gaithersburg, MD 20877
4. Grahn M.A. 1984. Acidified and low acid foods from Southeast Asia. FDA-LIB