pH Values of Common Foods and Ingredients

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

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| **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 | 5.80-6.00 |
| Broccoli | 6.30-6.85 | Mangoes, green | 3.40-4.80 |

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| **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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