

pH Values of Various Foods

VEGETABLE	PH	VEGETABLE	PH
VEGETABLES			
Artichokes	5.6	Horseradish	5.35
Canned	5.7 - 6	Kale (cooked)	6.4 - 6.8
Asparagus	4 - 6	Kohlrabi (cooked)	5.7 - 5.8
Canned	5.2 - 5.3	Leeks	5.5 - 6.0
Buds	6.7	Lettuce	5.8 - 6.0
Stalks	6.1	Lentils (cooked)	6.3 - 6.8
Beans	5.7 - 6.2	Mushrooms (cooked)	6.2
String	4.6	Okra (cooked)	5.5 - 6.4
Lima	6.5	Olives	
Kidney	5.4 - 6	(green)	3.6 - 3.8
Beets	4.9 - 5.6	(ripe)	6.0 - 6.5
Canned	4.9	Onions	
		(red)	5.3 - 5.8
Brussel sprouts	6.0 - 6.3	(white)	5.4 - 5.8
Cabbage	5.2 - 6.0	(yellow)	5.4 - 5.6
Green	5.4 - 6.9	Parsley	5.7 - 6.0
White	6.2	Parsnip	5.3
Red	5.4 - 6.0	Peas	5.8 - 7.0
Savoy	6.3	Frozen	6.4 - 6.7
Carrots	4.9 - 5.2	Canned	5.7 - 6.0
Canned	5.18-5.22	Dried	6.5 - 6.8
Juice	6.4	Pepper	5.15
Cauliflower	5.6	Pimiento	4.6 - 4.9
Celery	5.7 - 6.0	Potatoes	6.1
Chives	5.2 - 6.1	Tubers	5.7
Corn	6.0 - 7.5	Sweet	5.3 - 5.6
Canned	6	Pumpkin	4.8 - 5.2
Sweet	7.3	Radishes	
Cucumbers	5.1 - 5.7	(red)	5.8 - 6.5
Dill pickles	3.2 - 3.5	(white)	5.5 - 5.7
Eggplant	4.5 - 5.3	Rhubarb	3.1 - 3.4
Hominy (cooked)	6	Canned	3.4
Rice (all cooked)		Squash (all cooked)	
Brown	6.2 - 6.7	Yellow	5.8 - 6.0
White	6.0 - 6.7	White	5.5 - 5.7
Wild	6.0 - 6.4	Hubbard	6.0 - 6.2
Sauerkraut	3.4 - 3.6	Tomatoes (whole)	4.2 - 4.9
Sorrel	3.7	Paste	3.5 - 4.7
Spinach	5.5 - 6.8	Canned	3.5 - 4.7
Cooked	6.6 - 7.2	Juice	4.1 - 4.2
Frozen	6.3 - 6.5	Turnips	5.2 - 5.5
		Zucchini (cooked)	5.8 - 6.1

FRUIT	PH	FRUIT	PH
FRUITS			
Apples		Grapefruit	3.0 - 3.3
Delicious	3.9	Canned	3.1 - 3.3
Golden Delicious	3.6	Juice	3
Jonathan	3.33	Lemons	2.2 - 2.4
McIntosh	3.34	Canned juice	2.3
Winesap	3.47	Limes	1.8 - 2.0
Juice	3.4 - 4.0	Mangos	3.9 - 4.6
Sauce	3.3 - 3.6	Melons	
Apricots	3.3 - 4.0	Casaba	5.5 - 6.0
Dried	3.6 - 4.0	Honey dew	6.3 - 6.7
Canned	3.74	Persian	6.0 - 6.3
Bananas	4.5 - 5.2	Nectarines	3.9
Cantaloupe	6.17-7.13	Oranges	3.1 - 4.1
Dates	6.3 - 6.6	Juice	3.6 - 4.3
Figs	4.6	Marmalade	3
Papaya	5.2 - 5.7	Plums	2.8 - 4.6
Peaches	3.4 - 3.6	Pomegranates	3
In jars	4.2	Prunes	3.1 - 5.4
In cans	4.9	Juice	3.7
Persimmons	5.4 - 5.8	Quince (stewed)	3.1 - 3.3
Pineapple	3.3 - 5.2	Tangerines	4
Canned	3.5	Watermelon	5.2 - 5.8
Juice	3.5		

PRODUCT	PH	PRODUCT	PH
DAIRY PRODUCTS AND EGGS			
Butter	6.1 - 6.4	Cream cheese	4.88
Buttermilk	4.5	Edam	5.4
Milk	6.3 - 8.5	Roquefort	5.5 - 5.9
Acidophilus	4	Swiss Gruyere	5.1 - 6.6
Cream	6.5	Eggs	
Butter	6.1 - 6.4	White	7.0 - 9.0
Cheeses		Yolk	6.4
Camembert	7.4	Egg solids, whites	6.5 - 7.5
Cheddar	5.9	Whole	7.1 - 7.9
Cottage	5	Frozen	8.5 - 9.5

BERRY	PH	BERRY	PH
BERRIES			

Blackberries	3.2 - 4.5	Currants (red)	2.9
Blueberries	3.7	Gooseberries	2.8 - 3.1
Frozen	3.1 - 3.35	Grapes	3.4 - 4.5
Cherries	3.2 - 4.1	Raspberries	3.2 - 3.7
Cranberries		Strawberries	3.0 - 3.5
Sauce	2.4	Frozen	2.3 - 3.0
Juice	2.3 - 2.5		

PRODUCT	PH	PRODUCT	PH
MISCELLANEOUS			
Caviar (domestic)	5.4	Jams/Jellies	3.1 - 3.5
Cider	2.9 - 3.3	Mayonnaise	4.2 - 4.5
Cocoa	6.3	Molasses	5.0 - 5.5
Corn syrup	5	Raisins	3.8 - 4.0
Corn starch	4.0 - 7.0	Sugar	5.0 - 6.0
Ginger ale	2.0 - 4.0	Vinegar	2.0 - 3.4
Honey	3.9	Yeast	3.0 - 3.5
BAKERY PRODUCT	PH	BAKERY PRODUCT	PH
BAKERY PRODUCTS			
Bread	5.3 - 5.8	Chocolate	7.2 - 7.6
Eclairs	4.4 - 4.5	Devil's food	7.5 - 8.0
Napoleons	4.4 - 4.5	Pound	6.6 - 7.1
Biscuits	7.1 - 7.3	Sponge	7.3 - 7.6
Crackers	7.0 - 8.5	White layer	7.1 - 7.4
Cakes		Yellow layer	6.7 - 7.1
Angel food	5.2 - 5.6	Flour	6.0 - 6.3

Adapted from: <http://www.fda.gov/Food/FoodborneIllnessContaminants/CausesOfIllnessBadBugBook/ucm122561.htm>