

pH Value of various foods and food stuffs

Item	Approximate pH
Abalone	6.10 - 6.50
Abalone mushroom	5.00 -
Ackees	5.50
Aloe vera	6.10
Aloe Juice	6.00 - 6.80
Anchovies	6.50
Anchovies, stuffed w/capers, in olive oil	5.58
Antipesto	5.60 -
Apple, baked with sugar	3.20 - 3.55
Apple, eating	3.30 - 4.00
Apples	
Delicious	3.90
Golden Delicious	3.60
Jonathan	3.33
McIntosh	3.34
Juice	3.35 - 4.00
Sauce	3.10 - 3.60
Winesap	3.47
Apricots	3.30 - 4.80
Canned	3.40 - 3.78
Dried, stewed	3.30 - 3.51
Nectar	3.78
Pureed,	3.42 - 3.83
Strained	3.72 - 3.95
Arrowroot Crackers	6.63 - 6.80
Arrowroot Cruel	6.37 - 6.87
Artichokes	5.50 - 6.00
Artichokes, canned, acidified	4.30 - 4.60
Artichokes, French, cooked	5.60 - 6.00
Artichokes, Jerusalem, cooked	5.93 - 6.00
Asparagus	6.00 - 6.70

Buds	6.70
Stalks	6.10
Asparagus, cooked	6.03 - 6.16
Asparagus, canned	5.00 - 6.00
Asparagus, frozen, cooked	6.35 - 6.48
Asparagus, green, canned	5.20 - 5.32
Asparagus, strained	4.80 - 5.09
Avocados	6.27 - 6.58
Baby corn	5.20 -
Baby Food Soup, unstrained	5.95 - 6.05
Bamboo Shoots +	5.10 - 6.20
Bamboo Shoots, preserved	3.50 - 4.60
Bananas	4.50 - 5.20
Bananas, red	4.58 - 4.75
Banana, yellow	5.00 - 5.29
Barley, cooked	5.19 - 5.32
Basil pesto	4.90
Bass, sea, broiled	6.58 - 6.78
Bass, striped, broiled	6.50 - 6.70
Beans	5.60 - 6.50
Black	5.78 - 6.02
Boston style	5.05 - 5.42
Kidney	5.40 - 6.00
Lima	6.50
Soy	6.00 - 6.60
String	5.60
Wax	5.30 - 5.70
Beans, pork & tomato sauce, canned	5.10 - 5.80
Beans, refried	5.90
Beans, vegetarian, tomato sauce, canned	5.32
Beets	5.30 - 6.60
Beets, cooked	5.23 - 6.50
Beets, canned, acidified	4.30 - 4.60
Beets, canned	4.90 - 5.80
Beets, chopped	5.32 - 5.56
Beets, strained	5.32 - 5.56
Bird's nest soup	7.20 - 7.60
Blackberries, Washington	3.85 - 4.50

Blueberries, Maine	3.12 - 3.33
Blueberries, frozen	3.11 - 3.22
Bluefish, Boston, filet, broiled	6.09 - 6.50
Bran	
Flakes	5.45 - 5.67
All Bran	5.59 - 6.19
Bread, white	5.00 - 6.20
Bread, Boston, brown	6.53
Bread, Cracked wheat	5.43 - 5.50
Bread, pumpernickel	5.40 -
Bread, Rye	5.20 - 5.90
Bread, whole wheat	5.47 - 5.85
Breadfruit, cooked	5.33
Broccoli, cooked	6.30 - 6.52
Broccoli, frozen, cooked	6.30 - 6.85
Broccoli, canned	5.20 - 6.00
Brussels sprout	6.00 - 6.30
Buttermilk	4.41 - 4.83
Cabbage	5.20 - 6.80
Green	5.50 - 6.75
Red	5.60 - 6.00
Savoy	6.30
White	6.20
Cactus	4.70
Calamary (Squid)	5.80
Cantaloupe	6.13 - 6.58
Capers	6.00
Carp	6.00
Carrots	5.88 - 6.40
Carrots, canned	5.18 - 5.22
Carrots, chopped	5.30 - 5.56
Carrots, cooked	5.58 - 6.03
Carrots, pureed	4.55 - 5.80
Carrots, strained	5.10 - 5.10
Cauliflower	5.60
Cauliflower, cooked	6.45 - 6.80
Caviar, American	5.70 - 6.00
Celery	5.70 - 6.00
Celery, cooked	5.37 - 5.92

Celery Knob, cooked	5.71 - 5.85
Cereal, strained	6.44 - 6.45
Chayote (mirliton), cooked	6.00 - 6.30
Cheese, American, mild	4.98
Cheese, Camembert	7.44
Cheese, Cheddar	5.90
Cheese, Cottage	4.75 - 5.02
Cheese, Cream, Philadelphia	4.10 - 4.79
Cheese Dip	5.80
Cheese, Edem	5.40
Cheese, Old English	6.15
Cheese, Roquefort	5.10 - 5.98
Cheese, Parmesan	5.20 - 5.30
Cheese, Snippy	5.18 - 5.21
Cheese, Stilton	5.70
Cheese, Swiss Gruyere	5.68 - 6.62
Cherries, California	4.01 - 4.54
Cherries, frozen	3.32 - 3.37
Cherries, black, canned	3.82 - 3.93
Cherries, Maraschino	3.47 - 3.52
Cherries, red, Water pack	3.25 - 3.82
Cherries, Royal Ann	3.80 - 3.83
Chicory	5.90 - 6.05
Chili Sauce, acidified	2.77 - 3.70
Chives	5.20 - 6.31
Clams	6.00 - 7.10
Clam Chowder, New England	6.40
Coconut, fresh	5.50 - 7.80
Coconut milk	6.10 - 7.00
Coconut preserves	3.80 - 7.00
Codfish, boiled	5.30 - 6.10
Cod liver	6.20
Conch	7.52 - 8.40
Congee	6.40
Corn	5.90 - 7.30
Corn, canned	5.90 - 6.50
Corn Flakes	4.90 - 5.38
Corn, frozen, cooked	7.33 - 7.68
Corn, Golden Bantam, cooked on cob	6.22 - 7.04

Crab meat	6.50 - 7.00
Crabapple Jelly, corn	2.93 - 3.02
Cranberry Juice, canned	2.30 - 2.52
Crabmeat, cooked	6.62 - 6.98
Cream, 20 per cent	6.50 - 6.68
Cream, 40 per cent	6.44 - 6.80
Cream of Asparagus	6.10
Cream of Coconut, canned	5.51 - 5.87
Cream of Potato soup	6.00
Cream of Wheat, cooked	6.06 - 6.16
Chrysanthemum drink	6.50
Cucumbers	5.12 - 5.78
Cucumbers, Dill pickles	3.20 - 3.70
Cucumbers, pickled	4.20 - 4.60
Curry sauce	6.00
Curry Paste,acidified	4.60 - 4.80
Cuttlefish	6.30
Dates, canned	6.20 - 6.40
Dates, Dromedary	4.14 - 4.88
Dungeness Crab Meat	
Eggplant	5.50 - 6.50
Eggs, new-laid, whole	6.58
White	7.96
Yolk	6.10
Eell	6.20
Escarolle	5.70 - 6.00
Enchalada sauce	4.40 - 4.70
Fennel (Anise)	5.48 - 5.88
Fennel, cooked	5.80 - 6.02
Figs, Calamyrna	5.05 - 5.98
Figs, canned	4.92 - 5.00
Flounder, boiled	6.10 - 6.90
Flounder, fi1et, broiled	6.39 - 6.89
Four bean salad	5.60
Fruit cocktail	3.60 - 4.00
Garlic	5.80
Gelatin Dessert	2.60
Gelatin, plain jell	6.08
Gherkin	

Ginger	5.60 - 5.90
Ginseng , Korean drink	6.00 - 6.50
Gooseberries	2.80 - 3.10
Graham Crackers	7.10 - 7.92
Grapes, canned	3.50 - 4.50
Grapes, Concord	2.80 - 3.00
Grapes, Lady Finger	3.51 - 3.58
Grapes, Malaga	3.71 - 3.78
Grapes, Niagara	2.80 - 3.27
Grapes, Ribier	3.70 - 3.80
Grapes, Seedless	2.90 - 3.82
Grapes, Tokyo	3.50 - 3.84
Grapefruit	3.00 - 3.75
Grapefruit, canned	3.08 - 3.32
Grapefruit Juice, canned	2.90 - 3.25
Grass jelly	5.80 - 7.20
Greens, Mixed, chopped	5.05 - 5.22
Greens, Mixed, strained	5.22 - 5.30
Grenadine Syrup	2.31
Guava nectar	5.50
Guava, canned	3.37 - 4. 10
Guava Jelly	3.73
Haddock, Filet, broiled	6.17 - 6.82
Hearts of Palm	5.70
Herring	6.10
Hominy, cooked	6.00 - 7.50
Honey	3.70 - 4.20
Honey Aloe	4.70
Horseradish, freshly ground	5.35
Huckleberries, cooked with sugar	3.38 - 3.43
Jackfruit	4.80 - 6.80
Jam, fruit	3.50 - 4.50
Jellies, fruit	3.00 - 3.50
Jujube	5.20 -
Junket type Dessert:	
Raspberry	6.27
Vanilla	6.49
Kale, cooked	6.36 - 6.80
Ketchup	3.89 - 3.92

Kippered, Herring, Marshall	5.75 - 6.20
Herring, Pickled	4.50 - 5.00
Kelp	6.30
Kumquat, Florida	3.64 - 4.25
Leeks	5.50 - 6.17
Leeks, cooked	5.49 - 6.10
Lemon Juice	2.00 - 2.60
Lentils, cooked	6.30 - 6.83
Lentil Soup	5.80
Lettuce	5.80 - 6.15
Lettuce, Boston	5.89 - 6.05
Lettuce, Iceberg	5.70 - 6.13
Lime Juice	2.00 - 2.35
Lime	2.00 - 2.80
Lobster bisque	6.90 -
Lobster soup	5.70
Lobster, cooked	7.10 - 7.43
Loganberries	2.70 - 3.50
Loquat (May be acidified to pH 3.8)	5.10
Lotus Root	6.90 -
Lychee	4.70 - 5.01
Macaroni, cooked	5.10 - 6.41
Mackerel, King, boiled	6.26 - 6.50
Mackerel, Spanish, broiled	6.07 - 6.36
Mackerel, canned	5.90 - 6.40
Mangoes, ripe	3.40 - 4.80
Mangoes, green	5.80 - 6.00
Mangosteen	4.50 -5.00
Maple syrup	5.15
Maple syrup, light (Acidified)	4.60
Matzos	5.70
Mayhaw (a variety of strawberry)	3.27 - 3.86
Melba Toast	5.08 - 5.30
Melon, Casaba	5.78 - 6.00
Melons, Honey dew	6.00 - 6.67
Melons, Persian	5.90 - 6.38
Milk, cow	6.40 - 6.80
Milk, Acidophilus	4.09 - 4.25
Milk, condensed	6.33

Milk, evaporated	5.90 - 6.30
Milk, Goat's	6.48
Milk, peptonized	7.10
Milk, Sour, fine curd	4.70 - 5.65
Milkfish	5.30
Mint Jelly	3.01
Molasses	4.90 - 5.40
Muscadine (A variety of grape)	3.20 - 3.40
Mushrooms	6.00 - 6.70
Mushrooms, cooked	6.00 - 6.22
Mushroom Soup, Cream of, canned	5.95 - 6.40
Mussels	6.00 - 6.85
Mustard	3.55 - 6.00
Nata De Coco	5.00
Nectarines	3.92 - 4.18
Noodles, boiled	6.08 - 6.50
Oatmeal, cooked	6.20 - 6.60
Octopus	6.00 - 6.50
Okra, cooked	5.50 - 6.60
Olives, black	6.00 - 7.00
Olives, green, fermented	3.60 - 4.60
Olives, ripe	6.00 - 7.50
Onions, pickled	3.70 - 4.60
Onions, red	5.30 - 5.80
Onion white	5.37 - 5.85
Onions, yellow	5.32 - 5.60
Oranges, Florida	3.69 - 4.34
Oranges, Florida "color added"	3.60 - 3.90
Orange Juice, California	3.30 - 4.19
Orange, Juice Florida	3.30 - 4.15
Orange, Marmalade	3.00 - 3.33
Oysters	5.68 - 6.17
Oyster, smoked	6.00
Oyster mushrooms	5.00 - 6.00
Palm, heart of	6.70
Papaya	5.20 - 6.00
Papaya Marmalade	3.53 - 4.00
Parsley	5.70 - 6.00

Parsnip	5.30 - 5.70
Parsnips, cooked	5.45 - 5.65
Pate	5.90
Peaches	3.30 - 4.05
Peaches, canned	3.70 - 4.20
Peaches, cooked with sugar	3.55 - 3.72
Peaches, frozen	3.28 - 3.35
Peanut Butter	6.28
Peanut Soup	7.5
Pears, Bartlett	3.50 - 4.60
Pears, canned	4.00 - 4.07
Pears, Sickle cooked w/sugar	4.04 - 4.21
Pear Nectar	4.03
Peas, canned	5.70 - 6.00
Peas, Chick, Garbanzo	6.48 - 6.80
Peas, cooked	6.22 - 6.88
Peas, dried (split green), cooked	6.45 - 6.80
Peas, dried (split yellow), cooked	6.43 - 6.62
Peas, frozen, cooked	6.40 - 6.70
Peas, pureed	4.90 - 5.85
Pea Soup, Cream of, Canned	5.70
Peas, strained	5.91 - 6.12
Peppers	4.65 - 5.45
Peppers, green	5.20 - 5.93
Persimmons	4.42 - 4.70
Pickles, fresh pack	5.10 - 5.40
Pimiento	4.40 - 4.90
Pimento, canned, acidified	4.40 - 4.60
Pineapple	3.20 - 4.00
Pineapple, canned	3.35 - 4.10
Pineapple Juice, canned	3.30 - 3.60
Plum Nectar	3.45
Plums, Blue	2.80 - 3.40
Plums, Damson	2.90 - 3.10
Plums, Frozen	3.22 - 3.42
Plums, Green Gage	3.60 - 4.30
Plums, Green Gage, canned	3.22 - 3.32
Plums, Red	3.60 - 4.30
Plums, spiced	3.64

Plums, Yellow	3.90 - 4.45
Pollack, filet, broiled	6.72 - 6.82
Pomegranate	2.93 - 3.20
Porgy, broiled	6.40 - 6.49
Pork & Beans, rts.	5.70
Potatoes	5.40 - 5.90
Mashed	5.10
Prunes, dried, stewed	3.63 - 3.92
Sweet	5.30 - 5.60
Tubers	5.70
Potato Soup	5.90
Prune Juice	3.95 - 3.97
Prune, pureed	3.60 - 4.30
Prune, strained	3.58 - 3.83
Puffed Rice	6.27 - 6.40
Puffed Wheat	5.26 - 5.77
Pumpkin	4.90 - 5.50
Quince, fresh, stewed	3.12 - 3.40
Quince Jelly	3.70
Radishes, red	5.85 - 6.05
Radishes, white	5.52 - 5.69
Raisins, seedless	3.80 - 4.10
Rambutan (Thailand)	4.90
Raspberries	3.22 - 3.95
Raspberries, frozen	3.18 - 3.26
Raspberries, New Jersey	3.50 - 3.82
Raspberry Jam	2.87 - 3.17
Razor Clams	6.20
Razor shell (sea asparagus)	6.00
Rattan, Thailand	5.20 -
Red Ginseng	5.50
Red Pepper Relish	3.10 - 3.62
Rhubarb, California, stewed	3.20 - 3.34
Rhubarb	3.10 - 3.40
Canned	3.40
Rice (all cooked)	
Brown	6.20 - 6.80
Krispies	5.40 - 5.73
White	6.00 - 6.70

Wild	6.00 - 6.50
Rolls, white	5.46 - 5.52
Romaine	5.78 - 6.06
Salmon, fresh, boiled	5.85 - 6.50
Salmon, fresh, broiled	5.36 - 6.40
Salmon, Red Alaska, canned	6.07 - 6.16
Salsa	
Sardines	5.70 - 6.60
Sardine, Portuguese, in olive oil	5.42 - 5.93
Satay sauce	5.00
Sauce, Enchilada	5.50 -
Sauce, Fish	4.93 - 5.02
Sauce, Shrimp	7.01 - 7.27
Sauerkraut	3.30 - 3.60
Scallion	6.20 -
Scallop	6.00
Scotch Broth.	5.92
Sea Snail (Top shell)	6.00
Shad Roe, sauted	5.70 - 5.90
Shallots, cooked	5.30 - 5.70
Sherbet, raspberry	3.69
Sherry-wine	3.37
Shredded Ralston	5.32 - 5.60
Shredded Wheat	6.05 - 6.49
Shrimp	6.50 - 7.00
Shrimp Paste	5.00 - 6.77
Smelts, Sauted	6.67 - 6.90
Soda Crackers	5.65 - 7.32
Soup	
Broccoli Cheese Suop, condensed	5.60 -
Chicken Broth, rts.	5.80
Corn Soup, condensed	6.80
Cream of celery Saoup, condensed	6.20 -
Cream of Mushroom, condensed	6.00 - 6.20
Cream style corn, condensed	5.70 - 5.80
Cream of Potato soup, condensed	5.80 -
Cream of shrimp soup, condensed	5.80
Minestronen condensed	5.40
New England Clam Chowder,condensed	6.00-

Oyster Stew, condensed	6.30 -
Tomato Rice Soup, condensed	5.50 -
Soy infant formula	6.60 - 7.00
Soy Sauce	4.40 - 5.40
Soy bean curd (tofu)	7.20
Soybean milk	7.00
Spaghetti, cooked	5.97 - 6.40
Spinach	5.50 - 6.80
Spinach, chopped	5.38 - 5.52
Spinach, cooked	6.60 - 7.18
Spinach, frozen, cooked	6.30 - 6.52
Spinach, pureed	5.50 - 6.22
Spinach, strained	5.63 - 5.79
Squash, acorn, cooked	5.18 - 6.49
Squash, Kubbard, cooked	6.00 - 6.20
Squash, white, cooked	5.52 - 5.80
Squash, yellow, cooked	5.79 - 6.00
Squid	6.00 - 6.50
Sturgeon	6.20
Strawberries	3.00 - 3.90
Strawberries, California	3.32 - 3.50
Strawberries, frozen	3.21 - 3.32
Strawberry Jam	3.00 - 3.40
Straw mushroom	4.90
Sweet Potatoes	5.30 - 5.60
Swiss Chard, cooked	6.17 - 6.78
Tamarind	3.00 -
Tangerine	3.32 - 4.48
Taro syrup	4.50
Tea	7.20
Three-Bean Salad	5.40
Tofu (soybean Curd)	7.20
Tomatillo (resembling Cherry tomatoes)	3.83
Tomatoes	4.30 - 4.90
Tomatoes, canned	3.50 - 4.70
Tomatoes, Juice	4.10 - 4.60
Tomatoes, Paste	3.50 - 4.70
Tomatoes, Puree	4.30 - 4.47
Tomatoes, Strained	4.32 - 4.58

Tomatoes, Wine ripened	4.42 - 4.65
Tomato Soup, Cream of, canned	4.62
Trout, Sea, sauted	6.20 - 6.33
Truffle	5.30 - 6.50
Tuna Fish, canned	5.90 - 6.20
Turnips	5.29 - 5.90
Turnip, greens, cooked	5.40 - 6.20
Turnip, white, cooked	5.76 - 5.85
Turnip, yellow, cooked	5.57 - 5.82
Vegetable Juice	3.90 - 4.30
Vegetable soup, canned	5.16
Vegetable soup, chopped	4.98 - 5.02
Vegetable soup, strained	4.99 - 5.00
Vermicelli, cooked	5.80 - 6.50
Vinegar	2.40 - 3.40
Vinegar, cider	3.10
Walnuts, English	5.42
Wax gourd drink	7.20
Water Chestnut	6.00 - 6.20
Watercress	5.88 - 6.18
Watermelon	5.18 - 5.60
Wheat Krispice	4.99 - 5.62
Wheatnena	5.85 - 6.08
Wheaties	5.00 - 5.12
Worcestershire sauce	3.63 - 4.00
Yams, cooked	5.50 - 6.81
Yeast	5.65
Yangsberries, frozen	3.00 - 3.70
Zucchini, cooked	5.69 - 6.10
Zwiebach	4.84 - 4.94