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

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

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