

## pH of Some Common Foods

pH	Average Values for Common Foods	pH	Average Values for Common Foods
2.0	Limes	5.0	Pumpkins, carrots
2.1		5.1	Cucumbers, peppers, papaya
2.2	Lemons	5.2	Turnips, cabbage, squash
2.3		5.3	Parsnips, beets, watermelon
2.4		5.4	Sweet potatoes, bread
2.5		5.5	Spinach
2.6		5.6	Asparagus, cauliflower
2.7		5.7	Beans
2.8		5.8	Meat, ripened
2.9	Vinegar, plums (2.8-4.6)	5.9	
3.0	Gooseberries	6.0	Tuna
3.1	Prunes, apples, grapefruit (3.0 to 3.3)	6.1	Potatoes
3.2	Rhubarb, dill pickles	6.2	Peas, mushrooms, cantaloupe
3.3	Apricots, blackberries	6.3	Corn, oysters, dates, honeydew melon
3.4	Strawberries, lowest acidity for jelly	6.4	Egg yolk, rice, wild rice
3.5	Peaches	6.5	
3.6	Raspberries, sauerkraut, oranges	6.6	Milk (6.5 to 6.7)
3.7	Blueberries, oranges (3.1 to 4.1)	6.7	
3.8	Sweet cherries, olives	6.8	
3.9	Pears	6.9	Shrimp
4.0	Acidophilus milk	7.0	Meat, unripened
4.1	Mangos	7.1	
4.2	Tomatoes (4.0 to 4.6)	7.2	
4.3	Mayonnaise	7.3	
4.4	Lowest acidity for processing at 100°C, 212°F	7.4	
4.5	Buttermilk	7.5	
4.6	Bananas, figs	7.6	
4.7	Asian pears, pimentos	7.7	
4.8		7.8	
4.9		7.9	
		8.0	Egg white (7.0 to 9.0)
		8.1	
		8.2	

Source: Foods and Nutrition Section, American Home Economics Association, *Handbook of Food Preparation*, 1993, 9th Edition, Kendall/Hunt Publishing Co., Dubuque, IA.



