

Table 1.1. pH Values of Common Foods

BAKERY PRODUCTS		FISH (cont.)		FRUITS (cont.)	
	pH		pH		pH
Bread	5.3–5.8	Crabs	7.0	Pears, Bartlett	3.5–4.6
Eclairs	4.4–4.5	Oysters	4.8–6.3	Persimmons	5.4–5.8
Napoleons	4.4–4.5	Tuna fish	5.2–6.1	Pineapple	3.3–5.2
Biscuits	7.1–7.3	Shrimp	6.8–7.0	Pineapple, Canned	3.5
Crackers	7.0–8.5	Salmon	6.1–6.3	Pineapple, Juice	3.5
Cakes, Angel food	5.2–5.6	Whitefish	5.5	Plums	2.8–4.6
Cakes, Chocolate	7.2–7.6	Freshwater (most)	6.9–7.3	Pomegranates	3.0
Cakes, Devil's food	7.5–8.0	Sturgeon	5.5–6.0	Prunes	3.1–5.4
Cakes, Pound	6.6–7.1	Herring	6.1–6.4	Prunes, Juice	3.7
Cakes, Sponge	7.3–7.6			Quince (stewed)	3.1–3.3
Cakes, White layer	7.1–7.4			Tangerines	4.0
Cakes, Yellow layer	6.7–7.1			Watermelon	5.2–5.8
Flour	6.0–6.3				
BERRIES		FRUITS		MEAT, POULTRY	
	pH		pH		pH
Blackberries	3.2–4.5	Apples, Delicious	3.9	Beef, Ground	5.1–6.2
Blueberries	3.7	Apples, Golden Delicious	3.6	Beef, Ripened	5.8
Blueberries, Frozen	3.1–3.35	Apples, Jonathan	3.33	Beef, Unripened	7.0
Cranberries, Sauce	2.4	Apples, McIntosh	3.34	Beef, Canned	6.6
Cranberries, Juice	2.3–2.5	Apple, Winesap	3.47	Beef, Tongue	5.9
Currants (red)	2.9	Apple, Juice	3.4–4.0	Ham	5.9–6.1
Gooseberries	2.8–3.1	Apple, Sauce	3.3–3.6	Lamb	5.4–6.7
Raspberries	3.2–3.7	Apricots	3.3–4.0	Pork	5.3–6.9
Strawberries	3.0–3.5	Apricots, Dried	3.6–4.0	Veal	6.0
Strawberries, Frozen	2.3–3.0	Apricots, Canned	3.74	Chicken	6.5–6.7
DAIRY PRODUCTS/EGGS				VEGETABLES	
	pH		pH		pH
Butter	6.1–6.4	Bananas	4.5–5.2	Artichokes	5.6
Buttermilk	4.5	Cantaloupe	6.17–7.13	Artichokes, Canned	5.7–6.0
Milk	6.3–8.5	Cherries	3.2–4.1	Asparagus	4.0–6.0
Acidophilus	4.0	Dates	6.3–6.6	Asparagus, Canned	5.2–5.3
Cream	6.5	Figs	4.6	Asparagus, Buds	6.7
Cheese, Camembert	7.4	Grapefruit	3.0–3.3	Asparagus, Stalks	6.1
Cheese, Cheddar	5.9	Grapefruit, Canned	3.1–3.3	Beans	5.7–6.2
Cheese, Cottage	5.0	Grapefruit, Juice	3.0	Beans, String	4.6
Cheese, Cream cheese	4.88	Grapes	3.4–4.5	Beans, Lima	6.5
Cheese, Edam	5.4	Lemons	2.2–2.4	Beans, Kidney	5.4–6.0
Cheese, Roquefort	5.5–5.9	Lemons, Canned juice	2.3	Beets	4.9–5.6
Cheese, Swiss Gruyere	5.1–6.6	Limes	1.8–2.0	Beets, Canned	4.9
Eggs, White	7.0–9.0	Mangos	3.9–4.6	Brussel sprouts	6.0–6.3
Eggs, Yolk	6.4	Melons, Casaba	5.5–6.0	Cabbage	5.2–6.0
Egg solids, whites	6.5–7.5	Melons, Honeydew	6.3–6.7	Cabbage, Green	5.4–6.9
Eggs, Whole	7.1–7.9	Melons, Persian	6.0–6.3	Cabbage, White	6.2
Eggs, Frozen	8.5–9.5	Nectarines	3.9	Cabbage, Red	5.4–6.0
FISH					
	pH		pH		pH
Fish (most fresh)	6.6–6.8	Oranges	3.1–4.1	Cabbage, Savoy	6.3
Clams	6.5	Oranges, Juice	3.6–4.3	Carrots	4.9–5.2
		Oranges, Marmalade	3.0	Carrots, Canned	5.18–5.22
		Papaya	5.2–5.7		
		Peaches	3.4–3.6		
		Peaches, In jars	4.2		
		Peaches, In cans	4.9		
		Pears, Asian	4.5–4.7		