



pH Values of Some Common Foods

pH	Average Values for Common Foods
2.0	Limes
2.1	
2.2	Lemons
2.3	
2.4	
2.5	
2.6	
2.7	
2.8	
2.9	Vinegar, plums (2.8-4.6)
3.0	Gooseberries
3.1	Prunes, apples, grapefruit (3.0 to 3.3)
3.2	Rhubarb, dill pickles
3.3	Apricots, blackberries
3.4	Strawberries, lowest acidity for jelly
3.5	Peaches
3.6	Raspberries, sauerkraut, oranges
3.7	Blueberries, oranges (3.1 to 4.1)
3.8	Sweet cherries, olives
3.9	Pears
4.0	Acidophilus milk
4.1	Mangos
4.2	Tomatoes (4.0 to 4.6)
4.3	Mayonnaise
4.4	Lowest acidity for processing at 100°C, 212°F
4.5	Buttermilk
4.6	Bananas, figs
4.7	Asian pears, pimentos
4.8	
4.9	

pH	Average Values for Common Foods
5.0	Pumpkins, carrots
5.1	Cucumbers, peppers, papaya
5.2	Turnips, cabbage, squash
5.3	Parsnips, beets, watermelon
5.4	Sweet potatoes, bread
5.5	Spinach
5.6	Asparagus, cauliflower
5.7	Beans
5.8	Meat, aged
5.9	
6.0	Tuna
6.1	Potatoes
6.2	Peas, mushrooms, cantaloupe
6.3	Corn, oysters, dates, honeydew melon
6.4	Egg yolk, rice, wild rice
6.5	
6.6	Milk (6.5 to 6.7)
6.7	
6.8	
6.9	Shrimp
7.0	Meat, freshly slaughtered
7.1	
7.2	
7.3	
7.4	
7.5	
7.6	
7.7	
7.8	
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.