

pH Values of Common Foods and Ingredients

Note: Variation exists between varieties, condition of growing and processing methods.

Item	Approx. pH
Apple, baked with sugar	3.20 - 3.55
Apple, eating	3.30-4.00
Apple – Delicious	3.9
Apple – Golden Delicious	3.6
Apple – Jonathan	3.33
Apple – McIntosh	3.34
Apple Juice	3.35-4.00
Apple Sauce	3.10-3.60
Apple – Winesap	3.47
Apricots	3.30-4.80
Apricot nectar	3.78
Apricots, pureed	3.42-3.83
Artichokes	5.50-6.00
Artichokes, canned, acidified	4.30-4.60
Artichokes, Jerusalem, cooked	5.93-6.00
Asparagus	6.00-6.70
Avocados	6.27-6.58
Baby corn	5.20
Bamboo Shoots	5.10-6.20
Bananas	4.50-5.20
Beans	5.60-6.50
Beans, black	5.78-6.02
Beans, kidney	5.40-6.00
Beans, lima	6.50
Beans, soy	6.00-6.60
Beans, string	5.60
Beans, wax	5.30-5.70
Beans, pork & tomato sauce	5.10-5.80
Beets	5.30-6.60
Beets, canned, acidified	4.30-4.60
Blackberries, Washington	3.85-4.50
Blueberries, Maine	3.12-3.33
Blueberries, frozen	3.11-3.22
Broccoli	6.30-6.85
Brussels sprout	6.00-6.30
Cabbage	5.20-6.80

Cabbage, green	5.50-6.75
Cactus	4.70
Cantaloupe	6.13-6.58
Carrots	5.88-6.40
Cauliflower	5.6
Celery	5.70-6.00
Cherries, California	4.01-4.54
Cherries, red, water pack	3.25-3.82
Cherries, Royal Ann	3.80-3.83
Corn	5.90-7.50
Cucumbers	5.12-5.78
Cucumbers, dill pickles	3.20-3.70
Cucumbers, pickled	4.20-4.60
Eggplant	4.5-5.3
Figs, Calamyrna	5.05-5.98
Four bean salad	5.60
Fruit cocktail	3.60-4.00
Grapes, Concord	2.80-3.00
Grapes, Niagara	2.80-3.27
Grapes, seedless	2.90-3.82
Grapefruit	3.00-3.75
Horseradish, ground	5.35
Jam, fruit	3.50-4.50
Jellies, fruit	3.00-3.50
Ketchup	3.89-3.92
Leeks	5.50-6.17
Lemon juice	2.00-2.60
Lime juice	2.00-2.35
Lime	2.00-2.80
Loganberries	2.70-3.50
Mangoes, ripe	5.80-6.00
Mangoes, green	3.40-4.80
Maple syrup	5.15
Melon, Honey dew	6.00-6.67
Mint jelly	3.01
Mushrooms	6.00-6.70
Nectarines	3.92-4.18

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	5.30-5.880
Onions, white	5.37-5.85
Onions, yellow	5.32-5.60
Oranges, Florida	3.69-4.34
Orange juice, California	3.30-4.19
Orange juice, Florida	3.30-4.15
Palm, heart of	6.70
Papaya	5.20-6.00
Parsnip	5.30-5.70
Peaches	3.30-4.05
Pears, Bartlett	3.50-4.60
Peas, canned	5.70-6.00
Peas, Garbanzo	6.48-6.80
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
Pineapple	3.20-4.00
Plums, Blue	2.80-3.40
Plums, Red	3.60-4.30
Pomegranate	2.93-3.20

Potatoes	5.40-5.90
Prunes	3.63-3.92
Pumpkin	4.990-5.50
Radishes, red	5.85-6.05
Radishes, white	5.52-5.69
Raspberries	3.22-3.95
Rhubarb	3.10-3.40
Sauerkraut	3.30-3.60
Spinach	5.50-6.80
Squash, acorn, cooked	5.18-6.49
Squash, white, cooked	5.52-5.80
Squash, yellow, cooked	5.79-6.00
Strawberries	3.00-3.90
Sweet potatoes	5.30-5.60
Three-bean salad	5.40
Tofu (soybean curd)	7.20
Tomatillo	3.83
Tomatoes	4.30-4.90
Tomatoes, juice	4.10-4.60
Tomatoes, paste	3.50-4.70
Tomatoes, puree	4.30-4.47
Tomatoes, vine ripened	4.42-4.65
Vinegar	2.40-3.40
Vinegar, cider	3.10
Watermelon	5.18-5.60
Zucchini, cooked	5.69-6.10

Common Ingredients

Item	Approx. pH
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

References:

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2. Bridges, M. A., and Mattice, M.R. 1939. Over two thousand estimations of the pH of representative foods, American J. Digestive Diseases, 9:440-449.
3. Warren L. Landry, et al. 1995. Examination of canned foods. FDA BAM, AOAC
4. Internation. Grahn M.A. 1984. Acidified and low acid foods from Southeast Asia. FDA-LIB