

Abalone	6.10 - 6.50	Artichokes, Jerusalem, cooked	5.93 - 6.00
Abalone mushroom	5.00 -	<b>Asparagus</b>	<b>6.00 - 6.70</b>
Ackees	5.5	<b>Asparagus Buds</b>	<b>6.7</b>
Aloe vera	6.1	Asparagus Stalks	6.1
<b>Aloe Juice</b>	<b>6.00 - 6.80</b>	Asparagus, cooked	6.03 - 6.16
Anchovies	6.5	Asparagus, canned	5.00 - 6.00
Antipesto	5.60 -	Asparagus, frozen, cooked	6.35 - 6.48
Apple, baked with sugar	3.20 - 3.55	Asparagus, green, canned	5.20 - 5.32
Apple, eating	3.30 - 4.00	Asparagus, strained	4.80 - 5.09
Apples, Delicious	3.9	Avocados	6.27 - 6.58
Apples, Golden Delicious	3.6	<b>Baby corn</b>	5.20 -
Apples, Jonathan	3.33	Baby Food Soup, unstrained	5.95 - 6.05
Apples, McIntosh	3.34	Bamboo Shoots +	5.10 - 6.20
Apple Juice	3.35 - 4.00	Bamboo Shoots, preserved	3.50 - 4.60
Applesauce	3.10 - 3.60	Bananas	4.50 - 5.20
Apples, Winesap	3.47	Bananas, red	4.58 - 4.75
Apricots	3.30 - 4.80	Banana, yellow	5.00 - 5.29
Apricots, Canned	3.40 - 3.78	Barley, cooked	5.19 - 5.32
Apricots, Dried, stewed	3.30 - 3.51	Basil pesto	4.9
Apricots, Nectar	3.78	<b>Bass, sea, broiled</b>	<b>6.58 - 6.78</b>
Apricots, Pureed,	3.42 - 3.83	<b>Bass, striped, broiled</b>	<b>6.50 - 6.70</b>
Apricots, Strained	3.72 - 3.95	Beans	5.60 - 6.50
<b>Arrowroot Crackers</b>	<b>6.63 - 6.80</b>	Beans, Black	5.78 - 6.02
<b>Arrowroot Cruel</b>	<b>6.37 - 6.87</b>	Beans, Boston style	5.05 - 5.42
Artichokes	5.50 - 6.00	Beans, Kidney	5.40 - 6.00
Artichokes, canned, acidified	4.30 - 4.60	Beans, Lima	6.5
Artichokes, French, cooked	5.60 - 6.00	Soy beans	6.00 - 6.60

Beans, Stringbeans	5.6	Broccoli, canned	5.20 - 6.00
Beans, Wax	5.30 - 5.70	Brussels sprout	6.00 - 6.30
Beans, pork & tomato sauce, canned	5.10 - 5.80	Buttermilk	4.41 - 4.83
Beans, refried	5.9	<b>Cabbage</b>	<b>5.20 - 6.80</b>
Beans, veg., tomato sauce, canned	5.32	<b>Cabbage, Green</b>	<b>5.50 - 6.75</b>
Beets	5.30 - 6.60	Cabbage, Red	5.60 - 6.00
Beets, cooked	5.23 - 6.50	Cabbage, Savoy	6.3
Beets, canned, acidified	4.30 - 4.60	Cabbage, White	6.2
Beets, canned	4.90 - 5.80	Cactus	4.7
Beets, chopped	5.32 - 5.56	Calamary (Squid)	5.8
Beets, strained	5.32 - 5.56	Cantaloupe	6.13 - 6.58
<b>Bird's nest soup</b>	<b>7.20 - 7.60</b>	Capers	6
Blackberries, Washington	3.85 - 4.50	Carp	6
Blueberries, Maine	3.12 - 3.33	Carrots	5.88 - 6.40
Blueberries, frozen	3.11 - 3.22	Carrots, canned	5.18 - 5.22
Bluefish, Boston, filet, broiled	6.09 - 6.50	Carrots, chopped	5.30 - 5.56
Bran Flakes	5.45 - 5.67	Carrots, cooked	5.58 - 6.03
Bran - All Bran	5.59 - 6.19	Carrots, pureed	4.55 - 5.80
Bread, white	5.00 - 6.20	Carrots, strained	5.10 - 5.10
Bread, Boston, brown	6.53	Cauliflower	5.6
Bread, Cracked wheat	5.43 - 5.50	<b>Cauliflower, cooked</b>	<b>6.45 - 6.80</b>
Bread, pumpernickel	5.40 -	Caviar, American	5.70 - 6.00
Bread, Rye	5.20 - 5.90	Celery	5.70 - 6.00
Bread, whole wheat	5.47 - 5.85	Celery, cooked	5.37 - 5.92
Breadfruit, cooked	5.33	Celery Knob, cooked	5.71 - 5.85
Broccoli, cooked	6.30 - 6.52	Cereal, strained	6.44 - 6.45
<b>Broccoli, frozen, cooked</b>	<b>6.30 - 6.85</b>	Chayote (mirliton), cooked	6.00 - 6.30

Cheese, American, mild	4.98	Codfish, boiled	5.30 - 6.10
<b>Cheese, Camembert</b>	<b>7.44</b>	Cod liver	6.2
Cheese, Cheddar	5.9	<b>Conch</b>	<b>7.52 - 8.40</b>
Cheese, Cottage	4.75 - 5.02	Congee	6.4
Cheese, Cream, Philadelphia	4.10 - 4.79	<b>Corn</b>	<b>5.90 - 7.30</b>
Cheese Dip	5.8	Corn, canned	5.90 - 6.50
Cheese, Edem	5.4	Corn Flakes	4.90 - 5.38
Cheese, Old English	6.15	<b>Corn, frozen, cooked</b>	<b>7.33 - 7.68</b>
Cheese, Roquefort	5.10 - 5.98	<b>Corn, cooked on cob</b>	<b>6.22 - 7.04</b>
Cheese, Parmesan	5.20 - 5.30	<b>Crab meat</b>	<b>6.50 - 7.00</b>
Cheese, Snippy	5.18 - 5.21	Crabapple Jelly, corn	2.93 - 3.02
Cheese, Stilton	5.7	Cranberry Juice, canned	2.30 - 2.52
<b>Cheese, Swiss Gruyere</b>	<b>5.68 - 6.62</b>	<b>Crabmeat, cooked</b>	<b>6.62 - 6.98</b>
Cherries, California	4.01 - 4.54	<b>Cream, 20 per cent</b>	<b>6.50 - 6.68</b>
Cherries, frozen	3.32 - 3.37	<b>Cream, 40 per cent</b>	<b>6.44 - 6.80</b>
Cherries, black, canned	3.82 - 3.93	Cream of Asparagus	6.1
Cherries, Maraschino	3.47 - 3.52	Cream of Coconut, canned	5.51 - 5.87
Cherries, red, Water pack	3.25 - 3.82	Cream of Potato soup	6
Cherries, Royal Ann	3.80 - 3.83	Cream of Wheat, cooked	6.06 - 6.16
Chicory	5.90 - 6.05	Chrysanthemum drink	6.5
Chili Sauce, acidified	2.77 - 3.70	Cucumbers	5.12 - 5.78
Chives	5.20 - 6.31	Cucumbers, Dill pickles	3.20 - 3.70
<b>Clams</b>	<b>6.00 - 7.10</b>	Cucumbers, pickled	4.20 - 4.60
Clam Chowder, New England	6.4	Curry sauce	6
<b>Coconut, fresh</b>	<b>5.50 - 7.80</b>	Curry Paste, acidified	4.60 - 4.80
<b>Coconut milk</b>	<b>6.10 - 7.00</b>	Cuttlefish	6.3
<b>Coconut preserves</b>	<b>3.80 - 7.00</b>	Dates, canned	6.20 - 6.40

Dates, Dromedary	4.14 - 4.88	Grapes, Niagara	2.80 - 3.27
Eggplant	5.50 - 6.50	Grapes, Ribier	3.70 - 3.80
Eggs, new-laid, whole	6.58	Grapes, Seedless	2.90 - 3.82
<b>Egg White</b>	<b>7.96</b>	Grapes, Tokyo	3.50 - 3.84
Egg Yolk	6.1	Grapefruit	3.00 - 3.75
Eel	6.2	Grapefruit, canned	3.08 - 3.32
Escarolle	5.70 - 6.00	Grapefruit Juice, canned	2.90 - 3.25
Enchalada sauce	4.40 - 4.70	<b>Grass jelly</b>	<b>5.80 - 7.20</b>
<b>Fennel (Anise)</b>	<b>5.48 - 5.88</b>	Greens, Mixed, chopped	5.05 - 5.22
Fennel, cooked	5.80 - 6.02	Greens, Mixed, strained	5.22 - 5.30
Figs, Calamyrna	5.05 - 5.98	Grenadine Syrup	2.31
Figs, canned	4.92 - 5.00	Guava nectar	5.5
<b>Flounder, boiled</b>	<b>6.10 - 6.90</b>	Guava, canned	3.37 - 4. 10
<b>Flounder, filet, broiled</b>	<b>6.39 - 6.89</b>	Guava Jelly	3.73
Four bean salad	5.6	<b>Haddock, Filet, broiled</b>	<b>6.17 - 6.82</b>
Fruit cocktail	3.60 - 4.00	Hearts of Palm	5.7
<b>Garlic</b>	<b>5.8</b>	Herring	6.1
Gelatin Dessert	2.6	<b>Hominy, cooked</b>	<b>6.00 - 7.50</b>
Gelatin, plain jell	6.08	Honey	3.70 - 4.20
Ginger	5.60 - 5.90	Honey Aloe	4.7
Ginseng , Korean drink	6.00 - 6.50	Horseradish, freshly ground	5.35
Gooseberries	2.80 - 3.10	Huckleberries, cooked with sugar	3.38 - 3.43
<b>Graham Crackers</b>	<b>7.10 - 7.92</b>	<b>Jackfruit</b>	<b>4.80 - 6.80</b>
Grapes, canned	3.50 - 4.50	Jam, fruit	3.50 - 4.50
Grapes, Concord	2.80 - 3.00	Jellies, fruit	3.00 - 3.50
Grapes, Lady Finger	3.51 - 3.58	Jujube	5.20 -
Grapes, Malaga	3.71 - 3.78	<b>Kale, cooked</b>	<b>6.36 - 6.80</b>

Ketchup	3.89 - 3.92	Mangoes, green	5.80 - 6.00
Kippered, Herring, Marshall	5.75 - 6.20	Mangostine	4.50 - 5.00
Herring, Pickled	4.50 - 5.00	Maple syrup	5.15
Kelp	6.3	Maple syrup, light (Acidified)	4.6
Kumquat, Florida	3.64 - 4.25	Matzos	5.7
Leeks	5.50 - 6.17	Mayhaw	3.27 - 3.86
Leeks, cooked	5.49 - 6.10	Melba Toast	5.08 - 5.30
Lemon Juice	2.00 - 2.60	Melon, Casaba	5.78 - 6.00
<b>Lentils, cooked</b>	<b>6.30 - 6.83</b>	<b>Melons, Honey dew</b>	<b>6.00 - 6.67</b>
Lentil Soup	5.8	Melons, Persian	5.90 - 6.38
Lettuce	5.80 - 6.15	<b>Milk, cow</b>	<b>6.40 - 6.80</b>
Lettuce, Boston	5.89 - 6.05	Milk, Acidophilus	4.09 - 4.25
Lettuce, Iceberg	5.70 - 6.13	Milk, condensed	6.33
Lime Juice	2.00 - 2.35	Milk, evaporated	5.90 - 6.30
Lime	2.00 - 2.80	Milk, Goat's	6.48
<b>Lobster bisque</b>	<b>6.90 -</b>	<b>Milk, peptonized</b>	<b>7.1</b>
Lobster soup	5.7	Milk, Sour, fine curd	4.70 - 5.65
<b>Lobster, cooked</b>	<b>7.10 - 7.43</b>	Milkfish	5.3
Loganberries	2.70 - 3.50	Mint Jelly	3.01
Loquat (May be acidified to pH 3.8)	5.1	Molasses	4.90 - 5.40
<b>Lotus Root</b>	<b>6.90 -</b>	Muscadine (A variety of grape)	3.20 - 3.40
Lychee	4.70 - 5.01	<b>Mushrooms</b>	<b>6.00 - 6.70</b>
<b>Macaroni, cooked</b>	<b>5.10 - 6.41</b>	Mushrooms, cooked	6.00 - 6.22
Mackerel, King, boiled	6.26 - 6.50	Mushroom Soup, Cream of, canned	5.95 - 6.40
Mackerel, Spanish, broiled	6.07 - 6.36	<b>Mussels</b>	<b>6.00 - 6.85</b>
Mackerel, canned	5.90 - 6.40	Mustard	3.55 - 6.00
Mangoes, ripe	3.40 - 4.80	<b>Nata De Coco</b>	<b>5</b>

Nectarines	3.92 - 4.18	Peaches	3.30 - 4.05
Noodles, boiled	6.08 - 6.50	Peaches, canned	3.70 - 4.20
Oatmeal, cooked	6.20 - 6.60	Peaches, cooked with sugar	3.55 - 3.72
Octopus	6.00 - 6.50	Peaches, frozen	3.28 - 3.35
Okra, cooked	5.50 - 6.60	Peanut Butter	6.28
<b>Olives, black</b>	<b>6.00 - 7.00</b>	<b>Peanut Soup</b>	<b>7.5</b>
Olives, green, fermented	3.60 - 4.60	Pears, Bartlett	3.50 - 4.60
<b>Olives, ripe</b>	<b>6.00 - 7.50</b>	Pears, canned	4.00 - 4.07
Onions, pickled	3.70 - 4.60	Pears, Sickle cooked w/sugar	4.04 - 4.21
Onions, red	5.30 - 5.80	Pear Nectar	4.03
Onion white	5.37 - 5.85	Peas, canned	5.70 - 6.00
Onions, yellow	5.32 - 5.60	<b>Peas, Chick, Garbanzo</b>	<b>6.48 - 6.80</b>
Oranges, Florida	3.69 - 4.34	<b>Peas, cooked</b>	<b>6.22 - 6.88</b>
Oranges, Florida "color added"	3.60 - 3.90	<b>Peas, dried (split green), cooked</b>	<b>6.45 - 6.80</b>
Orange Juice, California	3.30 - 4.19	Peas, dried (split yellow), cooked	6.43 - 6.62
Orange, Juice Florida	3.30 - 4.15	<b>Peas, frozen, cooked</b>	<b>6.40 - 6.70</b>
Orange, Marmalade	3.00 - 3.33	Peas, pureed	4.90 - 5.85
Oysters	5.68 - 6.17	Pea Soup, Cream of, Canned	5.7
Oyster, smoked	6	Peas, strained	5.91 - 6.12
Oyster mushrooms	5.00 - 6.00	Peppers	4.65 - 5.45
<b>Palm, heart of</b>	<b>6.7</b>	Peppers, green	5.20 - 5.93
Papaya	5.20 - 6.00	Persimmons	4.42 - 4.70
Papaya Marmalade	3.53 - 4.00	Pickles, fresh pack	5.10 - 5.40
Parsley	5.70 - 6.00	Pimiento	4.40 - 4.90
Parsnip	5.30 - 5.70	Pimiento, canned, acidified	4.40 - 4.60
Parsnips, cooked	5.45 - 5.65	Pineapple	3.20 - 4.00
Pate	5.9	Pineapple, canned	3.35 - 4.10

Pineapple Juice, canned	3.30 - 3.60	Quince Jelly	3.7
Plum Nectar	3.45	<b>Radishes, red</b>	5.85 - 6.05
Plums, Blue	2.80 - 3.40	Radishes, white	5.52 - 5.69
Plums, Damson	2.90 - 3.10	Raisins, seedless	3.80 - 4.10
Plums, Frozen	3.22 - 3.42	Rambutan (Thailand)	4.9
Plums, Green Gage	3.60 - 4.30	Raspberries	3.22 - 3.95
Plums, Green Gage, canned	3.22 - 3.32	Raspberries, frozen	3.18 - 3.26
Plums, Red	3.60 - 4.30	Raspberries, New Jersey	3.50 - 3.82
Plums, spiced	3.64	Raspberry Jam	2.87 - 3.17
Plums, Yellow	3.90 - 4.45	Razor Clams	6.2
<b>Pollack, filet, broiled</b>	<b>6.72 - 6.82</b>	Razor shell (sea asparagus)	6
Pomegranate	2.93 - 3.20	Rattan, Thailand	5.20 -
Porgy, broiled	6.40 - 6.49	Red Ginseng	5.5
Pork & Beans, rts.	5.7	Red Pepper Relish	3.10 - 3.62
Potatoes	5.40 - 5.90	Rhubarb, California, stewed	3.20 - 3.34
Potatoes, Mashed	5.1	Rhubarb	3.10 - 3.40
Prunes, dried, stewed	3.63 - 3.92	Rhubarb, Canned	3.4
<b>Sweet Potatoes</b>	<b>5.30 - 5.60</b>	<b>Rice, Brown, cooked</b>	<b>6.20 - 6.80</b>
Yams - Tubers	5.7	Rice Krispies	5.40 - 5.73
Potato Soup	5.9	<b>Rice, White , cooked</b>	<b>6.00 - 6.70</b>
Prune Juice	3.95 - 3.97	Rice, Wild, cooked	6.00 - 6.50
Prune, pureed	3.60 - 4.30	Bread Rolls, white	5.46 - 5.52
Prune, strained	3.58 - 3.83	Romaine lettuce	5.78 - 6.06
Puffed Rice	6.27 - 6.40	<b>Salmon, fresh, boiled</b>	<b>5.85 - 6.50</b>
Puffed Wheat	5.26 - 5.77	Salmon, fresh, broiled	5.36 - 6.40
Pumpkin	4.90 - 5.50	Salmon, Red Alaska, canned	6.07 - 6.16
<b>Quince, fresh, stewed</b>	<b>3.12 - 3.40</b>	Sardines	5.70 - 6.60

Sardine, Portuguese, in olive oil	5.42 - 5.93	Spinach, chopped	5.38 - 5.52
Satay sauce	5	<b>Spinach, cooked</b>	<b>6.60 - 7.18</b>
Sauce, Enchilada	5.50 -	Spinach, frozen, cooked	6.30 - 6.52
Sauce, Fish	4.93 - 5.02	Spinach, pureed	5.50 - 6.22
<b>Sauce, Shrimp</b>	<b>7.01 - 7.27</b>	Spinach, strained	5.63 - 5.79
Sauerkraut	3.30 - 3.60	Squash, acorn, cooked	5.18 - 6.49
Scallion	6.20 -	Squash, Kubbard, cooked	6.00 - 6.20
Scallop	6	Squash, white, cooked	5.52 - 5.80
Scotch Broth.	5.92	Squash, yellow, cooked	5.79 - 6.00
Sea Snail (Top shell)	6	Squid	6.00 - 6.50
Shad Roe, sauted	5.70 - 5.90	Sturgeon	6.2
Shallots, cooked	5.30 - 5.70	Strawberries	3.00 - 3.90
Sherbet, raspberry	3.69	Strawberries, California	3.32 - 3.50
Sherry-wine	3.37	Strawberries, frozen	3.21 - 3.32
Shredded Ralston	5.32 - 5.60	Strawberry Jam	3.00 - 3.40
Shredded Wheat	6.05 - 6.49	Straw mushroom	4.9
<b>Shrimp</b>	<b>6.50 - 7.00</b>	Sweet Potatoes	5.30 - 5.60
<b>Shrimp Paste</b>	<b>5.00 - 6.77</b>	<b>Swiss Chard, cooked</b>	<b>6.17 - 6.78</b>
<b>Smelts, Sauted</b>	<b>6.67 - 6.90</b>	Tamarind	3.00 -
<b>Soda Crackers</b>	<b>5.65 - 7.32</b>	Tangerine	3.32 - 4.48
Soup	5.4 - 6.2	Taro syrup	4.5
<b>Soy infant formula</b>	<b>6.60 - 7.00</b>	<b>Tea</b>	<b>7.2</b>
Soy Sauce	4.40 - 5.40	Three-Bean Salad	5.4
<b>Soy bean curd (tofu)</b>	<b>7.2</b>	<b>Tofu (soybean Curd)</b>	<b>7.2</b>
<b>Soybean milk</b>	<b>7</b>	Tomatillos	3.83
Spaghetti, cooked	5.97 - 6.40	Tomatoes	4.30 - 4.90
<b>Spinach</b>	<b>5.50 - 6.80</b>	Tomatoes, canned	3.50 - 4.70



Tomatoes, Juice	4.10 - 4.60	Vermicelli, cooked	5.80 - 6.50
Tomatoes, Paste	3.50 - 4.70	Vinegar	2.40 - 3.40
Tomatoes, Puree	4.30 - 4.47	Vinegar, cider	3.1
Tomatoes, Strained	4.32 - 4.58	<b>Walnuts, English</b>	5.42
Tomatoes, Wine ripened	4.42 - 4.65	<b>Wax gourd drink</b>	<b>7.2</b>
Tomato Soup, Cream of, canned	4.62	Water Chestnut	6.00 - 6.20
Trout, Sea, sauted	6.20 - 6.33	Watercress	5.88 - 6.18
Truffle	5.30 - 6.50	Watermelon	5.18 - 5.60
Tuna Fish, canned	5.90 - 6.20	Wheat Krispice	4.99 - 5.62
Turnips	5.29 - 5.90	Wheatnena	5.85 - 6.08
Turnip, greens, cooked	5.40 - 6.20	Wheaties	5.00 - 5.12
Turnip, white, cooked	5.76 - 5.85	Worcestershire sauce	3.63 - 4.00
Turnip, yellow, cooked	5.57 - 5.82	<b>Yams, cooked</b>	<b>5.50 - 6.81</b>
<b>Vegetable Juice</b>	3.90 - 4.30	Yeast	5.65
Vegetable soup, canned	5.16	Yangsberries, frozen	3.00 - 3.70
Vegetable soup, chopped	4.98 - 5.02	<b>Zucchini, cooked</b>	5.69 - 6.10
Vegetable soup, strained	4.99 - 5.00	Zwiebach	4.84 - 4.94

References: This list is from the [U.S. FDA and the Center for Food Safety and Applied Nutrition](#).

1. Anon. 1962. pH values of food products. Food Eng. 34(3): 98-99.
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 and et al. 1995. Examination of canned foods. FDA Bacteriological Analytical Manual, 8th Ed. Chapter 21, Table 11, AOAC International, Gaithersburg, MD 20877
4. Grahn M.A. 1984. Acidified and low acid foods from Southeast Asia. FDA-LIB

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