



What is the pH of food?



VEGETABLES & pH

Sprouts	6.7
Cooked	6.6 - 7.2
Dried	6.5 - 6.8
Crescent bean	6.5
Kale	6.4 - 6.8
Frozen	6.4 - 6.7
Cooked lentils	6.3 - 6.8
Cooked mushrooms	6.2
Stems	6.1
Potatoes	6.1
Corn	6.0 - 7.5
Brussels sprouts	6.0 - 6.3
Ground corn (cooked)	6.0
Peas	5.8 - 7.0
Red radishes	5.8 - 6.5
Cooked zucchini	5.8 - 6.1
Lettuce	5.8 - 6.0
Beans	5.7 - 6.2
Celery	5.7 - 6.0
Parsley	5.7 - 6.0
Canned artichokes	5.7 - 6
Cooked rutabaga	5.7 - 5.8
Tubers	5.7
Artichokes	5.6
Cauliflower	5.6

Spinach	5.5 - 6.8
Kimbombó	5.5 - 6.4
Leeks	5.5 - 6.0
Kidney beans	5.4 - 6
Horseradish	5.35
Red onions	5.3 - 5.8
Parsnip	5.3
Chives	5.2 - 6.1
Cabbage	5.2 - 6.0
Turnip	5.2 - 5.5
Canned asparagus	5.2 - 5.3
Canned carrots	5.18 - 5.22
Pepper	5.15
Cucumbers	5.1 - 5.7
Beets	4.9 - 5.6
Carrots	4.9 - 5.2
Canned beets	4.9
Pumpkins	4.8 - 5.2
Bell pepper	4.6 - 4.9
String beans	4.6
Eggplants	4.5 - 5.3
Whole tomatoes	4.2 - 4.9
Asparagus	4 - 6
Sorrel	3.7
Green olives	3.6 - 3.8

Sauerkraut	3.4 - 3.6
Pickles	3.2 - 3.5
Rhubarb	3.1 - 3.4



FRUITS & pH

Honeydew melon	6.3 - 6.7	Grenades	3.0
Dates fruit	6.3 - 6.6	Marmalade	3.0
Cantalupos	6.17 - 7.13	Plums	2.8 - 4.6
Persians	6.0 - 6.3	Canned juice	2.3
Cassaba	5.5 - 6.0	Lemons	2.2 - 2.4
Khakis	5.4 - 5.8	Lime	1.8 - 2.0
Watermelon	5.2 - 5.8		
Papaya	5.2 - 5.7		
Canned peaches	4.9		
Figs	4.6		
Bananas	4.5 - 5.2		
Bottled peaches	4.2		
Mandarins	4.0		
Mango	3.9 - 4.6		
Nectarines	3.9		
Canned fruits	3.74		
Dried fruit	3.6 - 4.0		
Apple Winesap	3.47		
Peaches	3.4 - 3.6		
Pineapples	3.3 - 5.2		
Apricot	3.3 - 4.0		
Prunes	3.1 - 5.4		
Oranges	3.1 - 4.1		
Quince (cooked)	3.1 - 3.3		
Grapefruit	3.0 - 3.3		



MEATS & pH

Unripened meat	7.0
Canned	6.6
Chicken	6.5 - 6.7
Beef	6.0
Ham	5.9 - 6.1
Tongue	5.9
Matured meat	5.8
Roast turkey	5.7 - 6.8
Lamb	5.4 - 6.7
Pork	5.3 - 6.9
Ground beef	5.1 - 6.2

FISH & pH

Crabs	7.0
Freshwater fish	6.9 - 7.3
Prawns	6.8 - 7.0
Fresh fish	6.6 - 6.8
Clams	6.5
Herring	6.1 - 6.4
Salmon	6.1 - 6.3
Sturgeon	5.5 - 6.0
Whitefish	5.5
Tuna	5.2 - 6.1
Oysters	4.8 - 6.3



DAIRY PRODUCTS & pH

Camembert	7.44
Cream	6.5
Milk	6.3 - 8.5
Butter	6.1 - 6.4
Cheddar	5.9
Roquefort	5.5 - 5.9
Edam	5.4
Swiss Gruyer	5.1 - 6.6
Cottage	5.0
Cream cheese	4.88
Buttermilk	4.5

EGGS & pH

Frozen eggs	8.5 - 9.5
Whole eggs	7.1 - 7.9
White eggs	7.0 - 9.0
Hard-boiled eggs	6.5 - 7.5
Egg yolk	6.4



BERRIES & pH

Blueberries	3.7
Grapes	3.4 - 4.5
Blackberries	3.2 - 4.5
Cherries	3.2 - 4.1
Raspberries	3.2 - 3.7
Frozen berries	3.1 - 3.35
Strawberries	3.0 - 3.5
Redcurrant	2.9
Currants	2.8 - 3.1
Compote	2.4
Juice	2.3 - 2.5



BAKING PRODUCTS & pH

Cake	7.3 - 7.6
Chocolate	7.2 - 7.6
Cookies	7.1 - 7.3
Crackers cookies	7.0 - 8.5
Ground	6.6 - 7.1
Flour	6.0 - 6.3
Bread	5.3 - 5.8
Angel food (wafers)	5.2 - 5.6
Chocolate lightning	4.4 - 4.5
Thousand sheet cake (Napoleon)	4.4 - 4.5



MISCELÁNEOS & pH

Cocoa	6.3
Caviar (doméstico)	5.4
Azúcar	5.0 - 6.0
Melazas	5.0 - 5.5
Jarabe de maíz	5.0
Mayonesa	4.2 - 4.5
Almidón de maíz	4.0 - 7.0
Miel	3.9
Pasas	3.8 - 4.0
Mermeladas/Jaleas	3.1 - 3.5
Levadura	3.0 - 3.5
Sidra	2.9 - 3.3
Gaseosa de jengibre	2.0 - 4.0
Vinagre	2.0 - 3.4



At TERRA Food-Tech® we offer food consultancy for the pH control of your preserves, contact us:



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