


acid  
**PH VALUES**  
REFERENCE GUIDE

**STRONG ACID**


LOWER PH



limes 1.8 - 2	cherries 3.2 - 4.1
vinegar 2 - 3.4	blackberries 3.2 - 4.5
lemons 2.2 - 2.4	apples 3.3 - 4
cranberries 2.3 - 2.5	apricots 3.3 - 4
gooseberries 2.8 - 3.1	peaches 3.4
currants (red) 2.9	grapes 3.4 - 4.5
pomegranates 3	blueberries 3.7
grapefruit 3 - 3.3	nectarines 3.9
strawberries 3 - 3.5	oranges 3 - 4
quince 3.1 - 3.3	honey 3.9
rhubarb 3.1 - 3.4	tangerines 4
raspberries 3.2 - 3.7	

**APPROX 4.6**

figs 4.6   plums 2.8 - 4.6   prunes 3.1 - 5.4   pineapple 3.3 - 5.2   tomatoes 3.5 - 4.9



beets 4 - 5.6	leeks 5.5 - 6
asparagus 4 - 6	squash 5.5 - 6.2
bananas 4.5 - 5.2	okra 5.5 - 6.4
eggplant 4.5 - 5.3	radishes 5.5 - 6.5
beans 4.6 - 6.2	cantaloupe & melon 5.5 - 7.1
pumpkin 4.8 - 5.2	spinach 5.5 - 7.2
carrots 4.9 - 6.4	artichokes 5.6
sugar 5 - 6	cauliflower 5.6
cucumbers 5.1 - 5.7	celery 5.7 - 6
turnips 5.2 - 5.5	parsley 5.7 - 6
papaya 5.2 - 5.7	zucchini 5.8 - 6.1
chives 5.2 - 6.1	peas 5.8 - 7
cabbage 5.2 - 6.9	brussel sprouts 6
parsnip 5.3	corn 6 - 7.5
onions 5.3 - 5.8	cocoa 6.3
potatoes 5.3 - 6.1	dates 6.3 - 6.6
horseradish 5.4	kale 6.4 - 6.8

HIGHER PH

**STRONG ALKALI**