

TYPICAL pH VALUES OF BIOLOGICAL MATERIALS AND FOODS

This table gives typical pH ranges for various biological fluids and common foods. All values refer to 25 °C.

Biological Materials			
Blood, human	7.35–7.45	Hominy (lye)	6.8–8.0
Blood, dog	6.9–7.2	Jams, fruit	3.5–4.0
Spinal fluid, human	7.3–7.5	Jellies, fruit	2.8–3.4
Saliva, human	6.5–7.5	Lemons	2.2–2.4
Gastric contents, human	1.0–3.0	Limes	1.8–2.0
Duodenal contents, human	4.8–8.2	Maple syrup	6.5–7.0
Feces, human	4.6–8.4	Milk, cows	6.3–6.6
Urine, human	4.8–8.4	Olives	3.6–3.8
Milk, human	6.6–7.6	Oranges	3.0–4.0
Bile, human	6.8–7.0	Oysters	6.1–6.6
		Peaches	3.4–3.6
Foods		Pears	3.6–4.0
Apples	2.9–3.3	Peas	5.8–6.4
Apricots	3.6–4.0	Pickles, dill	3.2–3.6
Asparagus	5.4–5.8	Pickles, sour	3.0–3.4
Bananas	4.5–4.7	Pimento	4.6–5.2
Beans	5.0–6.0	Plums	2.8–3.0
Beers	4.0–5.0	Potatoes	5.6–6.0
Beets	4.9–5.5	Pumpkin	4.8–5.2
Blackberries	3.2–3.6	Raspberries	3.2–3.6
Bread, white	5.0–6.0	Rhubarb	3.1–3.2
Butter	6.1–6.4	Salmon	6.1–6.3
Cabbage	5.2–5.4	Sauerkraut	3.4–3.6
Carrots	4.9–5.3	Shrimp	6.8–7.0
Cheese	4.8–6.4	Soft drinks	2.0–4.0
Cherries	3.2–4.0	Spinach	5.1–5.7
Cider	2.9–3.3	Squash	5.0–5.4
Corn	6.0–6.5	Strawberries	3.0–3.5
Crackers	6.5–8.5	Sweet potatoes	5.3–5.6
Dates	6.2–6.4	Tomatoes	4.0–4.4
Eggs, fresh white	7.6–8.0	Tuna	5.9–6.1
Flour, wheat	5.5–6.5	Turnips	5.2–5.6
Gooseberries	2.8–3.0	Vinegar	2.4–3.4
Grapefruit	3.0–3.3	Water, drinking	6.5–8.0
Grapes	3.5–4.5	Wines	2.8–3.8