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
Blood, dog	6.9-7.2
Spinal fluid, human	7.3-7.5
Saliva, human	6.5-7.5
Gastric contents, human	1.0-3.0
Duodenal contents, human	4.8-8.2
Feces, human	4.6-8.4
Urine, human	4.8-8.4
Milk, human	6.6-7.6
Bile, human	6.8-7.0

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