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## pH of processed foods made from fruit, vegetables, nuts, grains

The pH and/or acidity of a many processed foods, homemade or commercial is presented below. The term "pH" is a measure of acidity; the lower its value, the more acid the food. The equipment used for determining pH was generally pH meters.

**In using this table**, bear in mind that considerable variation exists between brands, varieties, recipes, formulations and processing methods, etc. Where the research found a range of values due to variability in the samples, the range is provided. Where a single consistent value was determined, that value is provided.

Item	Approximate pH	Lower range	Upper range
All Bran, cereal	5.89	5.59	6.19
Bread Rolls, white	5.49	5.46	5.52
Chili Sauce, acidified	3.24	2.77	3.70
Chrysanthemum drink	6.50		
Congee	6.40		
Corn Flakes	5.38	5.38	5.38
Cream of Asparagus	6.10		
Cream of Coconut, canned	5.69	5.51	5.87
Cream of Wheat, cooked	6.11	6.06	6.16
Curry Paste, acidified	4.70	4.60	4.80
Curry sauce	6.00		
Enchilada sauce	4.55	4.40	4.70
Four bean salad	5.60		
Gelatin Dessert	2.60		
Gelatin, plain jell	6.08		
Ginseng , Korean drink	6.25	6.00	6.50
Graham Crackers	7.51	7.10	7.92
Grass jelly	6.50	5.80	7.20
Grenadine Syrup	2.31		

Honey	3.95	3.70	4.20
Ketchup	3.91	3.89	3.92
Maple syrup	5.15		
Maple syrup, light (Acidified)	4.60		
Matzos	5.70		
Melba Toast	5.19	5.08	5.30
Mint Jelly	3.01		
Molasses	5.15	4.90	5.40
Nata De Coco	5.00		
Puffed Rice	6.34	6.27	6.40
Puffed Wheat	5.52	5.26	5.77
Rice Krispies	5.57	5.40	5.73
Shredded Wheat	6.27	6.05	6.49
Shrimp Paste	5.89	5.00	6.77
Smelts, Sauted	6.79	6.67	6.90
Soda Crackers	6.49	5.65	7.32
Soy infant formula	6.80	6.60	7.00
Soy Sauce	4.90	4.40	5.40
Soybean milk	7.00		
Taro syrup	4.50		
Tea	7.20		
Three-Bean Salad	5.40		
Tofu (aka, Soy bean curd)	7.20		
Tofu (soybean Curd)	7.20		
Vegetable Juice	4.10	3.90	4.30
Vinegar	2.90	2.40	3.40
Vinegar, cider	3.10		
Wax gourd drink	7.20		
Wine, pink	3.52		
Wine, red	3.63	3.30	3.70
Yeast	5.65		
Zwiebach	4.89	4.84	4.94