Acid/Alkaline Forming Potential of
C O M M O N   F O O D S

Fats and oils	PRAL (mEq/100g)
Butter	0.6
Margarine	-0.5
Olive Oil	0.0
Sunflower seed oil	0.0

Fish	PRAL (mEq/100g)
Cod, Fillets	7.1
Haddock	6.8
Herring	7.0
Trout, Brown, Steamed	10.8

Fruits, Nuts, and Fruit Juices	PRAL (mEq/100g)
Apple Juice, unsweetened	-2.2
Apples	-2.2
Apricots	-4.8
Bananas	5.5
Black currants	-6.5
Cherries	3.6
Grape Juice, unsweetened	-1.0
Hazelnuts	-2.8
Kiwi Fruit	-4.1
Lemon Juice	-2.5
Orange Juice, unsweetened	-2.9
Oranges	-2.0
Peaches	-2.4
Peanuts, plain	8.3
Pears	-2.9
Pineapple	-2.7
Raisins	-21
Strawberries	-2.2
Walnuts	6.8
Watermelon	-1.9

Grains	PRAL (mEq/100g)
Bread, rye flour, mixed	4.0
Bread, rye flour	4.1
Bread, wheat flour, mixed	3.8
Bread, wheat flour, whole meal	1.8
Bread, white wheat	3.7
Cornflakes	6
Crisp Bread, rye	3.3
Noodles, egg	6.4
Oat flakes, rolled oats	10.7
Rice, brown	12.5
Rice, white, easy cook	4.6
Rice, white, easy cook, boiled	1.7
Rye flour, whole	5.9
Spagetti, white	6.5
Spagetti, wholemeal	7.3
Wheat flour, white plain	6.9
White flour, whole meal	8.2

Legumes	PRAL (mEq/100g)
Beans, green/french	-3.1
Lentils, green & brown, whole dried	3.5
Peas	1.2

Acid/Alkaline Forming Potential of
C O M M O N   F O O D S

Meat & Meat Products	PRAL (mEq/100g)
Beef, lean only	7.8
Chicken, meat only	8.7
Corned Beef, canned	13.2
Frankfurters	6.7
Liver Sausage	10.6
Luncheon Meat Canned	10.2
Pork, lean only	7.9
Rump Steak, lean & fat	8.8
Salami	11.6
Turkey, meat only	9.9
Veal, fillet	9.0

Milk, Dairy Products, & Eggs	PRAL (mEq/100g)
Butter Milk	0.5
Camembert	12.6
Cheddar-type, reduced fat	26.4
Cheese, Gouda	18.6
Cottage Cheese, plain	8.7
Creams, fresh, sour	1.2
Eggs, chicken, whole	8.2
Eggs, white	1.1
Eggs, yolk	23.4
Fresh Cheese, quark	11.1
Full-fat soft cheese	4.3
Hard-cheese, average of 4 types	19.2
Icecream, dairy, vanilla	0.6
Milk, whole, evaporated	1.1
Milk, whole, pasteurized & sterilized	0.7
Parmesan	43.2
Processed cheese, plain	28.7
Yoghurt, whole milk, fruit	1.2
Yoghurt, whole milk, plain	1.5

Sugar, Preserves, & Sweets	PRAL (mEq/100g)
Chocolates, milk	2.4
Honey	-2.3
Marmalade	-1.5
Sugar, white	-0.1

Vegetables	PRAL (mEq/100g)
Asparagus	-0.4
Broccoli, green	-1.2
Carrots, young	-4.9
Cauliflower	-0.4
Celery	-5.2
Chicory	-2.0
Cucumber	-0.8
Eggplant	-3.4
Leeks	-1.8
Lettuce, average of 4 varieties	-2.5
Lettuce, iceberg	-1.6
Mushrooms, common	-1.4
Onions	-1.5
Peppers, capsicum, green	-1.4
Potatoes, old	-4.0
Radish, red	-3.7
Spinach	-14.0
Tomato Juice	-2.8
Tomatoes	-3.1
Zucchini	-4.6

Source: Potential renal acid load of foods and it's influence on urine pH, T. Remer and F. Manz, J Am Diet Assoc. 1995; 95:791-797