

Acid-Base Balance: -ThePaleoDiet.com

The following table lists the acid, base values for 114 common foods. Base-producing foods are fruits and vegetables, whereas grains, meats, fish, cheese and salted processed foods are acid-producing.

PRAL (Potential Renal Acid Load per 100 grams)

(Negative numbers indicate base or alkaline-producing foods and positive numbers are acid-producing foods)

Beverages

Beer, draft	-0.2
Beer, pale	0.9
Beer, stout bottled	-0.1
Coca-cola	0.4
Cocoa, made with semi-skimmed milk	-0.4
Coffee, infusion 5 minutes	-1.4
Mineral water (Apolinaris)	-1.8
Mineral water (Volvic)	-0.1
Red wine	-2.4
Tea, Indian infusion	-0.3
White wine, dry	-1.2

Fats and Oils

Butter	0.6
Margarine	-0.5
Olive oil	0.0
Sunflower seed oil	0.0

Fish

Cod fillets	7.1
Haddock	6.8
Herring	7.0
Trout, brown steamed	10.8

Fruits and Fruit Juices

Apple Juice, unfiltered	-2.2
Apples, 15 varieties flesh & skin, average	-2.2
Apricots	-4.8
Bananas	-5.5
Black currants	-6.5
Cherries	-3.6
Grape juice, unsweetened	-1.0
Kiwi fruit	-4.1
Lemon juice	-2.5
Orange juice, unsweetened	-2.9
Oranges	-2.7
Peaches	-2.4
Pears, 3 varieties flesh and skin, average	-2.9
Pineapple	-2.7
Raisins	-21.0
Strawberries	-2.2
Watermelon	-1.9

Nuts

Hazlenuts	-2.8
Walnuts	6.8

Grain Products

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 bread	3.7
Cornflakes	6.0
Crispbread, 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
Spaghetti, white	6.5
Spaghetti, whole meal	7.3
Wheat flour, white plain	6.9
Wheat flour, whole meal	8.2

Legumes

Beans, green/French beans	-3.1
Lentils, green and brown, whole, dried	3.5
Peas	1.2
Peanuts, plain	8.3

Meat and Meat Products

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 and fat	8.8
Salami	11.8
Turkey, meat only	9.9
Veal, fillet	9.0

Milk, Dairy Products

Buttermilk	0.5
Camembert cheese	14.6
Cheddar cheese, reduced fat	26.4
Cheese, Gouda	18.6
Cottage Cheese, Plain	8.7
Creams, fresh, sour	1.2
Fresh Cheese (Quark)	11.1
Full fat, soft cheese	4.3
Hard cheese, average 4 types	19.2
Ice Cream, dairy, vanilla	0.6
Whole milk, evaporated	1.1
Whole milk, pasteurized	0.7
Parmesan cheese	34.2
Processed cheese, plain	28.7
Yogurt, whole milk, fruit	1.2

Yogurt, whole milk, plain	1.5
Eggs	
Eggs, chicken, whole	8.2
Egg white	1.1
Egg yolk	23.4
Sugar, preserves and sweets	
Chocolates, milk	2.4
Honey	-0.3
Madeira cake	3.7
Marmalade	-1.5
Sugar, white	-0.1
Vegetables	
Asparagus	-0.4
Broccoli, green	-1.2
Carrots, young	-4.9
Cauliflower	-4.0
Celery	-5.2
Chicory	-2.0
Cucumber	-0.8
Eggplant	-3.4
Leeks	-1.8
Lettuce, average 4 varieties	-2.5
Lettuce, iceberg	-1.6
Mushrooms, common	-1.4
Onions	-1.5
Peppers, green	-1.4
Potatoes, old	-4.0
Radish, red	-3.7
Spinach	-14.0
Tomato juice	-2.8
Tomatoes	-3.1
Zucchini	-4.6

This table adapted from: Remer T, Manz F. Potential renal acid load of foods and its influence on urine pH. J Am Diet Assoc 1995;95:791-797.