Food Table – PRAL Values

Estimated acid load* of frequently consumed foods and drinks (based on 100g). Modified according to Remer and Manz, Journal of the American Dietetic Association 1995; 95:791–797.

*PRAL = potential renal acid load based on 100g of the foods, specified in mEq = physical-chemical unit of material.

Blue = Alkalinizing   Yellow = Acidifying

Grain Products	
Rye multigrain bread	4.0
Rye bread	4.1
Wheat multigrain bread	3.8
Wheat bread	1.8
White bread	3.7
Corn flakes	6.0
Rye crisp bread	3.3
Oatmeal	10.7
Rice. unhulled	12.5
Spaghetti	6.5
Wheat flour	6.9

Vegetables	
Asparagus	0.4
Broccoli	1.2
Baby carrots	4.9
Cauliflower	4.0
Celery	5.2
Endive	2.0
Cucumber	0.8
Eggplant	3.4
Leek	1.8
Head Lettuce	2.5
Iceberg Lettuce	1.6
Mushrooms	1.4
Onions	1.5
Bell pepper	1.4
Potatoes	4.0

Radish	3.7
Spinach	14.0
Tomato juice	2.8
Tomatoes	3.1
Zucchini	4.6

Legumes	
Green beans	3.1
Dried lentils	3.5
Peas	1.2

Fruit. nuts and fruit juices	
Apple juice. unsweetened	2.2
Apple	2.2
Apricots	4.8
Bananas	5.5
Blackcurrants	6.5
Cherries	3.6
Grape juice. unsweetened	1.0
Hazelnuts	2.8
Kiwi	4.1
Lemon juice	2.5
Orange juice. unsweetened	2.9
Oranges	2.7
Peaches	2.4
Peanuts. untreated	8.3
Pears	2.9
Pineapple	2.7
Watermelons	1.9

Beverages	
Draft beer	0.2
Coca-Cola	0.4
Cacao. made of skimmed milk (3.5 %)	0.4
Mineral water (Apollinaris)	1.8
Mineral water (Volvic)	0.1
Red wine	2.4
Indian tea. infusion	0.3
Dry white wine	1.2

Fats and oils	
Butter	0.6
Margarine	0.5
Olive oil Sunflower oil	0.0

Fish	
Shell fish	6.8
Herring	7.0
Trout. roasted. steamed	10.8

Meat and sausages	
Lean beef	7.8
Chicken	8.7
Hot dog	6.7
Liver sausage	10.6
Lean pork	7.9
Rump steak. lean and fat	8.8
Salami	11.6

Milk. milk products and eggs	
Buttermilk	0.5
Camembert	14.6
Gouda cheese	18.6
Fresh and sour cream	1.2
Chicken egg	8.2
Egg white	1.1
Egg yolk	23.4
Curd cheese	11.1
Full fat soft cheese	4.3
Vanilla ice cream	0.6
Condensed milk	1.1
Pasteurized and sterilized whole milk	0.7
Parmesan cheese	34.2
Natural cheese spread	28.7
Whole milk fruit yogurt	1.2
Natural whole milk Yogurt	1.5

Sugar. preserves and sweets	
Milk chocolate	2.4
Honey	0.3
Madeira cake	3.7
Jam	1.5

Estimated potential renal acid load (PRAL in mEq/100g) of frequently consumed foods and drinks (based on 100g). Modified according to Remer and Manz.