

Food table

The table allows the assessment of dietary effects on acid-base balance.

Foodstuffs with a **negative** value (milliequivalents per 100 g) exert a **base (B)** effect, foodstuffs with a **positive** value an **acid (A)** effect. Neutral foodstuffs are labelled with N.

Food	PRAL*
* Potential renal acid load (mEq/100g)	
Beverages	
Apple juice, unsweetened	B -2,2
Beer, draft	B -0,2
Beer, pale	A 0,9
Beer, stout	B -0,1
Beetroot juice	B -3,9
Carrot juice	B -4,8
Coca-Cola	A 0,4
Cocoa, made with semi-skimmed milk	B -0,4
Coffee, infusion, 5 minutes	B -1,4
Espresso	B -2,3
Fruit tea, infusion	B -0,3
Grape juice	B -1,0
Grape juice, unsweetened	B -1,0
Green tea, infusion	B -0,3
Herbal tea	B -0,2
Lemon juice	B -2,5
Mineral water (Apollinaris)	B -1,8
Mineral water (Volvic)	B -0,1
Orange juice, unsweetened	B -2,9
Red wine	B -2,4
Tea, Indian, infusion	B -0,3
Tomato juice	B -2,8
Vegetable juice (Tomato, beetroot, carrot)	B -3,6
White wine, dry	B -1,2
Fats & Oil	
Butter	A 0,6
Margarine	B -0,5
Olive oil	N 0,0
Sunflower seed oil	N 0,0
Nuts	
Hazelnuts	B -2,8
Peanuts, plain	S 8,3
Pistachio	S 8,5
Sweet almonds	S 4,3
Walnuts	S 6,8

Food	PRAL*
* Potential renal acid load (mEq/100g)	
Fish & Seafood	
Carp	A 7,9
Cod, fillets	A 7,1
Eel, smoked	A 11,0
Haddock	A 6,8
Halibut	A 7,8
Herring	A 7,0
Mussels	A 15,3
Prawn	A 15,5
Rose-fish	A 10,0
Salmon	A 9,4
Salted matie (herring)	A 8,0
Sardines in oil	A 13,5
Shrimps	A 7,6
Sole	A 7,4
Tiger Prawn	A 18,2
Trout, steamed	A 10,8
Zander	A 7,1
Fruits	
Apples	B -2,2
Apricots	B -4,8
Bananas	B -5,5
Black currants	B -6,5
Cherries	B -3,6
Figs, dried	B -18,1
Grapefruit	B -3,5
Grapes	B -3,9
Kiwi fruit	B -4,1
Lemon	B -2,6
Mango	B -3,3
Orange	B -2,7
Peaches	B -2,4
Pear	B -2,9
Pineapple	B -2,7
Raisins	B -21,0
Strawberries	B -2,2
Watermelon	B -1,9

Cereals & Flour		
Amaranth	A	7,5
Barley (wholemeal)	A	5,0
Buckwheat (whole grain)	A	3,7
Corn (whole grain)	A	3,8
Cornflakes	A	6,0
Dried unripe spelt grains (wholemeal)	A	8,8
Dried unripe spelt grains (wholemeal)	A	8,8
Millet (whole grain)	A	8,6
Oat flakes	A	10,7
Rice, brown	A	12,5
Rice, white	A	4,6
Rice, white, boiled	A	1,7
Rye flour	A	4,4
Rye flour, wholemeal	A	5,9
Wheat flour, white	A	6,9
Wheat flour, wholemeal	A	8,2

Pastries		
Macaroni	A	6,1
Noodles	A	6,4
Spaetzle (German sort of pasta)	A	9,4
Spaghetti, white	A	6,5
Spaghetti, wholemeal	A	7,3

Bread		
Bread, rye flour	A	4,1
Bread, rye flour, mixed	A	4,0
Bread, wheat flour, mixed	A	3,8
Bread, wheat flour, whole meal	A	1,8
Bread, white wheat	A	3,7
Coarse wholemeal bread	A	5,3
Crispbread, rye	A	3,3
Pumpernickel	A	4,2
Rusk	A	5,9
Wholemeal bread	A	7,2

Peas & Beans		
Beans, green / French beans	B	-3,1
Lentils, green and brown, whole, dried	A	3,5
Peas	A	1,2

Meat & Sausages		
Beef, lean only	A	7,8
Cervelat sausage	A	8,9
Chasseur sausage	A	7,2
Chicken, meat only	A	8,7
Corned beef, canned	A	13,2
Duck	A	4,1
Duck, lean only	A	8,4
Frankfurters	A	6,7
Goose, lean only	A	13,0
Lamb, lean only	A	7,6
Liver (veal)	A	14,2
Liver sausage	A	10,6
Luncheon meat, canned	A	10,2
Ox liver	A	15,4
Pig's Liver	A	15,7
Pork sausage	A	7,0
Pork sausage (Wiener)	A	7,7
Pork, lean only	A	7,9
Rabbit, lean only	A	19,0
Rump steak, lean and fat	A	8,8
Salami	A	11,6
Slicing sausage containing ham	A	8,3
Turkey, meat only	A	9,9
Veal, fillet	A	9,0

Milk, Dairy products & Eggs		
Buttermilk	A	0,5
Camembert	A	14,6
Cheddar-type, reduced fat	A	26,4
Cottage cheese, plain	A	8,7
Cream, fresh, sour	A	1,2
Curd cheese	A	0,9
Edam Cheese full fat	A	19,4
Egg, chicken, whole	A	8,2
Egg, white	A	1,1
Egg, yolk	A	23,4
Emmental Cheese full fat	A	21,1
Fresh cheese (Quark)	A	11,1
Full-fat soft cheese	A	4,3
Gouda	A	18,6
Hard cheese	A	19,2
Kefir Cheese full fat	N	0,0
Milk, whole, evaporated	A	1,1
Milk, whole, pasteurised and sterilized	A	0,7
Parmesan	A	34,2
Processed cheese, plain	A	28,7
Rich creamy full fat cheese	A	13,2
Skimmed Milk	A	0,7
Whey	B	-1,6
Yogurt, whole milk, fruit	A	1,2
Yogurt, whole milk, plain	A	1,5

Sweets		
Chocolate, bitter	A	0,4
Chocolate, milk	A	2,4
Honey	B	-0,3
Ice cream, dairy, vanilla	A	0,6
Ice cream, fruit, mixed	B	-0,6
Madeira cake	A	3,7
Marmalade	B	-1,5
Nougat hazelnut cream	B	-1,4
Sugar, brown	B	-1,2
Sugar, white	N	0,0

Vegetables		
Asparagus	B	-0,4
Broccoli, green	B	-1,2
Brussel sprouts	B	-4,5
Carrots	B	-4,9
Cauliflower	B	-4,0
Celery	B	-5,2
Chicory	B	-2,0
Cucumber	B	-0,8
Eggplant	B	-3,4
Fennel	B	-7,9
Garlic	B	-1,7
Gherkin, pickeld	B	-1,6
Kale	B	-7,8
Kohlrabi	B	-5,5
Lamb's lettuce	B	-5,0
Leeks	B	-1,8
Lettuce	B	-2,5
Lettuce, iceberg	B	-1,6
Mushrooms, common	B	-1,4
Onions	B	-1,5
Peppers, Capsicum, green	B	-1,4
Potatoes	B	-4,0
Radish, red	B	-3,7
Ruccola	B	-7,5
Sauerkraut	B	-3,0
Soy beans	B	-3,4
Soy milk	B	-0,8
Spinach	B	-14,0
Tofu	B	-0,8
Tomato	B	-3,1
Zucchini	B	-4,6

Herbs & Vinegar		
Apple vinegar	B	-2,3
Basil	B	-7,3
Chives	B	-5,3
Parsley	B	-12,0
Wine vinegar, balamico	B	-1,6