

Acidic Foods

FOOD	PRAL*	FOOD	PRAL
*potential renal acid load (mEq/100g)			
Fish		Grains	
Carp	A 7.9	Amaranth	A 7.5
Cod	A 7.1	Barley	A 5.0
Haddock	A 6.8	Buckwheat, whole grain	A 3.7
Halibut	A 7.8	Corn, whole grain	A 3.8
Herring	A 7.0	Cornflakes	A 6.0
Mussels	A 15.3	Spelt grains	A 8.8
Prawn	A 15.5	Millet	A 8.6
Salmon	A 9.4	Oat flakes	A 10.7
Sardines in oil	A 13.5	Rice, brown	A 12.5
Shrimps	A 7.6	Rice, white	A 4.6
Tiger Prawn	A 18.2	Rice, white, boiled	A 1.7
Trout, steamed	A 10.8	Rye flour	A 4.4
		Rye flour, wholemeal	A 5.9
Meat & Sausages		Wheat flour, white	A 6.9
Beef, lean	A 7.8	Wheat flour, wholemeal	A 8.2
Chicken, meat only	A 8.7		
Corned beef, canned	A 12.2	Milk, Dairy & Eggs	
Duck	A 8.4	Buttermilk	A 0.5
Frankfurters	A 6.7	Camembert	A 14.6
Goose, lean only	A 13.0	Cheddar, reduced fat	A 26.4
Lamb, lean only	A 7.6	Cottage cheese, plain	A 8.7
Liver (veal)	A 14.2	Cream, fresh, sour	A 1.2
Ox Liver	A 15.4	Edam Cheese, full fat	A 19.4
Pig's Liver	A 15.7	Egg, chicken, whole	A 8.2
Pork sausage	A 7.0	Egg, white	A 1.1
Pork, lean only	A 7.9	Egg, yolk	A 23.4
Rabbit, lean only	A 19.0	Emmental Cheese, full fat	A 21.1
Rump steak, lean and fat	A 8.8	Quark	A 11.1
Salami	A 11.6	Gouda	A 18.6
Turkey	A 9.9	Milk, whole	A 0.7
Veal	A 9.0	Parmesan	A 34.2
		Processed cheese	A 28.7
Nuts		Skimmed Milk	A 0.7
Peanuts, plain	A 8.3	Yogurt, whole milk, fruit	A 1.2
Pistachio	A 8.5	Yogurt, whole milk, plain	A 1.5
Almonds	A 4.3		
Walnuts	A 6.8	Legumes	
Bread		Lentils green / brown	A 3.5
Bread, white	A 3.7	Peas	A 1.2
Crispbread, rye	A 3.3		
Pumpernickel	A 4.2		
Wholemeal bread	A 7.2		
Rusk	A 5.9		

Basic Foods

FOOD		PRAL	FOOD		PRAL
*potential renal acid load (mEq/100g)					
Fruits			Vegetables		
Apples	B	-2.2	Asparagus	B	-0.4
Apricots	B	-4.8	Broccoli	B	-1.2
Bananas	B	-5.5	Brussel sprouts	B	-4.5
Blackcurrants	B	-6.5	Carrots	B	-4.9
Cherries	B	-3.6	Cauliflower	B	-4.0
Figs, dried	B	-18.1	Celery	B	-5.2
Grapefruit	B	-3.5	Chicory	B	-2.0
Grapes	B	-3.9	Cucumber	B	-0.8
Kiwifruit	B	-4.1	Eggplant	B	-3.4
Lemon	B	-2.6	Fennel	B	-7.9
Mango	B	-3.3	Garlic	B	-1.7
Orange	B	-2.7	Gherkin	B	-1.6
Peach	B	-2.4	Kale	B	-7.8
Pear	B	-2.9	Kohlrabi	B	-5.5
Pineapple	B	-2.7	Leek	B	-1.8
Raisins	B	-21.0	Lettuce	B	-2.5
Strawberries	B	-2.2	Lettuce, iceberg	B	-1.6
Watermelon	B	-1.9	Mushrooms, common	B	-1.4
			Onions	B	-1.5
Peas & Beans			Peppers, green	B	-1.4
Beans, green/French beans	B	-3.1	Potatoes	B	-4.0
			Soy Beans	B	-3.4
Nuts			Spinach	B	-14.0
Hazelnuts	B	-2.8	Tofu	B	-0.8
			Tomato	B	-3.1
Dairy			Zucchini	B	-4.6
Whey	B	-1.6			
Kefir cheese, full fat	N	0			