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pH of Beef, Chicken, Fish and Pork

The pH and/or acidity of a many processed foods, homemade or commercial is presented below. The term "pH" is a measure of acidity; the lower its value, the more acid the food. The equipment used for determining pH was generally pH meters.

In using this table, bear in mind that considerable variation exists between brands, varieties, recipes, formulations and processing methods, etc. Where the research found a range of values due to variability in the samples, the range is provided. Where a single consistent value was determined, that value is provided.

If you would like to see the table broken down by categories, see these links:

- [pH of fresh fruits](#), acidic and low acid
- [pH of Vegetables](#)
- [pH of some processed foods](#)

pH of Meats, Beef, Chicken, Fish and Pork

Item	Approximate pH	Lower range	Upper range
Abalone	6.30	6.10	6.50
Anchovies	6.50		
Beef	5.55	5.40	5.70
Bluefish (Boston, filet, broiled)	6.30	6.09	6.50
Carp	6.00		
Carp	6.00		
Caviar, American	5.85	5.70	6.00
Chicken	5.90	5.30	6.50
Clams	6.55	6.00	7.10
Conch	7.96	7.52	8.40
Crab meat	6.75	6.50	7.00
Crabmeat, cooked	6.80	6.62	6.98
Cuttlefish	6.30		

Item	Approximate pH	Lower range	Upper range
Eel	6.20		
Flounder, boiled	6.50	6.10	6.90
Flounder, fillet, broiled	6.64	6.39	6.89
Kippered, Herring, Marshall	5.98	5.75	6.20
Lobster, cooked	7.27	7.10	7.43
Mackerel, canned	6.15	5.90	6.40
Mackerel, King, boiled	6.38	6.26	6.50
Mackerel, Spanish, broiled	6.22	6.07	6.36
Oysters	5.93	5.68	6.17
Oysters, smoked	6.00		
Pate	5.90		
Pollack, filet, broiled	6.77	6.72	6.82
Porgy, broiled	6.45	6.40	6.49
Pork	5.65	5.60	5.70
Salmon, fresh fillet	6.29	6.23	6.35
Salmon, fresh, boiled	6.18	5.85	6.50
Salmon, fresh, broiled	5.88	5.36	6.40
Salmon, Red Alaska, canned	6.12	6.07	6.16
Scallops	6.00		
Shrimp	6.75	6.50	7.00
Squid		6.00	6.50



This is a pH meter I have used for liquid food testing.

(note, As an Amazon Associate I earn from qualifying purchases.)