

Chemical Characteristics of Common Fruits

Fruit	pH	Total Calcium (ppm)	Free Calcium (ppm)	Brix	Pectin Content
Apple	3.0 – 3.7	90	90	12	Very high
Apricot	3.0 – 3.7	170	130	11 – 12	Low to medium
Banana	4.5 – 5.2	135	135	19 – 26	Low
Blackberry	3.8 – 4.2	180	180	12	Medium
Blackcurrant	2.9 – 3.3	450*	280*	10	High
Blueberry	3.2 – 3.6	-	100	10	Medium
Cherry	2.6 – 3.7	225	200	14	Very low
Gooseberry	2.8 – 3.3	300*	-	-	Medium
Grape	3.5 – 3.7	250	250	-	Medium
Grapefruit	2.8 – 3.2	150*	-	9 – 11	Medium
Kiwifruit	3.2 – 3.5	250	160	8	Medium
Lemon juice	2.2 – 2.4	150	-	10	Very high
Lemon peel	2.2 – 2.4	2000*	700*	-	Very high
Lychee	5.5 – 6.0	60	28	-	Medium
Mango	-	150	130	15 – 16	Low
Orange Peel	-	1500*	-	-	Very high
Orange	2.9 – 3.4	350 – 700	-	11 – 13	Medium
Passion fruit	3.2 – 3.5	130	30	14	Low
Peach	3.4 – 3.6	160	160	10	Low
Pear	3.4 – 4.1	150	150	6	Low
Pineapple	3.4	400	390	12 – 15	Low to medium
Plum	3.0 – 3.5	150	90	-	High
Quince	3.3 – 3.6	200	130	-	High
Raspberry	3.3 – 3.6	250*	140*	9 – 11	High to medium
Redcurrant	2.6 – 3.0	500	130	11	High
Rhubarb	2.0 – 2.9	1030	-	4 – 6	Medium
Strawberry	3.0 – 3.4	350*	150*	7.5 – 9.5	Medium

* Large variation in calcium reported.

References

(1) FMC Biopolymer, Table 1: Physio-chemical characteristics of main fruits.

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