

## PRAL levels for commonly consumed foods

Food, portion size	PRAL (mEq)
<b>DAIRY</b>	
Processed cheese, 1½ oz	12.3
Cottage cheese, 4%, ½ cup	8.7
Hard cheese (e.g., cheddar), 1½ oz	8.2
Soft cheese (e.g., camembert), 1½ oz	6.3
Yogurt, whole milk, plain, 1 cup	3.4
Parmesan cheese, 1 Tbsp	1.7
Milk, 8 fl oz	1.6
Ice cream, vanilla (½ cup)	0.4
<b>MEAT / POULTRY / FISH / EGGS</b>	
Beef, 3 oz	6.7
Salami, 2 oz	6.6
Frankfurter, 2 oz	3.8
Turkey, 3 oz	8.5
Chicken, 3 oz	7.5
Fish, 3 oz – average	6.8
Egg, 1	4.7
Egg white, from 1 large egg	0.4
<b>LEGUMES / NUTS</b>	
Lentils, ½ cup dry	3.1
Peanuts, ¼ cup	3.0
Walnuts, ¼ cup	1.7
<b>GRAINS / BREAD</b>	
Brown rice, ¼ cup	5.4
Pasta, 2 oz (dry weight)	3.7
White rice, ¼ cup	2.3
Oats, dry, ¼ cup	2.1
Rye bread, 1 oz	1.1
Wheat bread, 1 oz	1.0

Food, portion size	PRAL (mEq)
<b>BEVERAGES</b>	
Beer, pale, 12 fl oz	3.1
Milk, 8 fl oz	1.6
Tea, 6 fl oz	-0.5
Cocoa (made with milk), 8 fl oz	-0.9
White wine, 5 fl oz	-1.7
Coffee, 6 fl oz	-2.4
Red wine, 5 fl oz	-3.4
Beer, stout, 12 fl oz	-3.4
<b>Vegetables, 100 g – average</b>	
Asparagus, 5 lg spears	-0.4
Lettuce (aver of 4 varieties), 1 cup	-1.1
Eggplant, ½ cup cubed	-1.4
Green beans, French cut, ½ cup	-1.9
Cauliflower, ½ cup	-2.0
Carrot, 1 med	-3.0
Tomato, 1 med	-3.9
Zucchini, ½ medium	-4.6
Potato, 1 med	-6.9
Spinach, ½ cup cooked	-14.0
<b>Fruits, 100 g – average</b>	
Banana, 1 med	6.5
Cherries, 12	3.6
Strawberries, 8 med	-2.2
Orange, 1 med	-3.5
Peach, 1 med	-3.6
Apple, 1 med	-4.0
Pear, 1 med	-4.8
Raisins, ¼ cup	-8.4
<b>FATS (oil, butter, margarine)</b>	
-0.5 to 0.6	
<b>SWEETENERS (sugar, honey, marmalade)</b>	
-0.1 to -1.5	