

COMMON FOOD ACID

ACID	FORMULA	NUMBER	USE	NATURALLY OCCURRING
Acetic	CH ₃ COOH	260	Vinegar, pickles, chutneys some cheese, fish fingers, margarine, marinades.	Excreted by bacteria - Acetobacter genus and Clostridium acetobulylicum. These bacteria are found in foodstuffs, water
Lactic	C ₃ H ₆ O ₃	270	Cheese, milk, salad dressing, creamy sauces, meat and poultry, milk based beverages, miso and soy products. Pickled vegetables, yogurt, sauerkraut.	Fermented vegetables and grains, fermented dairy products.
Malic	C ₄ H ₆ O ₅	296	Wine, tinned fruit and vegetables, jams, jellies, frozen vegetables, sour sweets.	Apricots, blackberries, blueberries, cherries, grapes, peaches, pears, plums and quince.
Fumaric	C ₄ H ₄ O ₄	297	Wine, jams, jellies, bread, pie fillings, poultry, fruit drinks to add sourness.	Papayas, pears and plums.
Ascorbic	C ₆ H ₈ O ₆	300	Vitamin C. Used as an antioxidant and anti-inflammatory agent. Used as a supplement in chewable or table form, or gels.	Citrus fruits, strawberry, blackcurrants, red peppers, and leafy green vegetables, e.g. broccoli, brussels sprouts, cauliflower, and cabbage.
Citric	C ₆ H ₈ O ₇	330	Bakery products, sweets and candies juices, juices, wine, carbonated drinks, jellies, juices and effervescent tablets.	Naturally occurring in many fruits, particularly high in all citrus.
Tartaric	C ₄ H ₆ O ₆	334	Bakery products, sweets and candies juices, juices, wine, carbonated drinks, jellies, juices and effervescent tablets.	Grapes, but also in bananas tamarinds, and citrus.
Phosphoric	H ₃ PO ₄	338	Sweets, sauces, pie fillings, sugar sweetened beverages (SSB's), energy drinks, dairy products like milk, cottage cheese and buttermilk and other processed foods like cereal bars, flavoured waters, bottled coffee beverages, and processed meals.	
Oxalic	C ₂ H ₂ O ₄		Green smoothies, vegetables, like spinach and kale. Oxalates bind calcium and increase the risk of kidney stones if eaten in excess.	Raspberries, beetroot, leafy green vegetables, almond, legumes, potatoes, tofu and soy.
Carbonic	H ₂ CO ₃		In all carbonated beverages, using carbon dioxide dissolved in water.	



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Acetic	260	
Lactic	270	
Malic	296	
Fumaric	297	
Ascorbic	300	
Citric	330	
Tartaric	334	
Phosphoric	338	
Oxalic		
Carbonic		

