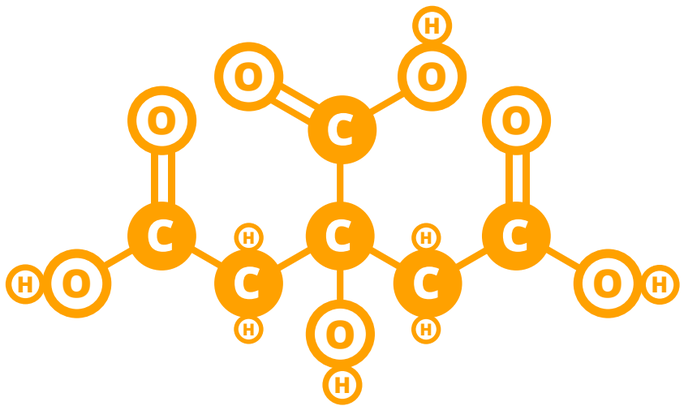
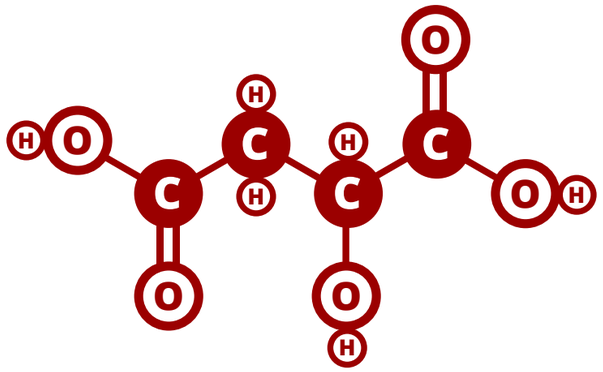
A GUIDE TO COMMON FRUIT ACIDS

Most people probably know that lemons and other citrus fruits contain citric acid – but it's just one of a number of different organic acids that can be found in fruits. Here we look at a number of the most common acids, and the various fruits that they are found in.



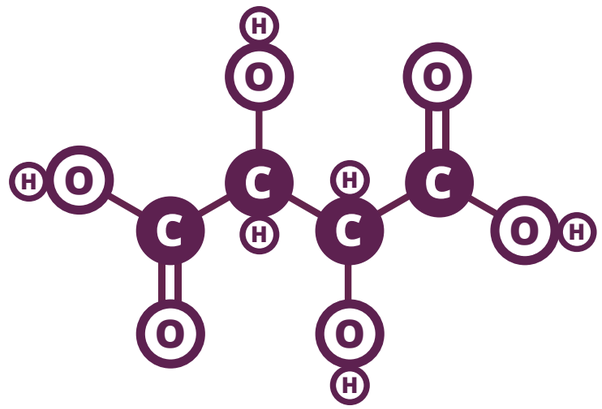
CITRIC ACID

The main acid in citrus fruits is, unsurprisingly, citric acid. Lemons and limes have particularly high levels of this compound. It is also the main acid in a number of berry fruits, including strawberries, raspberries and gooseberries.



MALIC ACID

Malic acid is the main acid in most stone fruits such as cherries, apricots, peaches, and nectarines. It's also found in high amounts in apples, and in lower amounts in bananas. Though watermelons have a low acid content, their principal acid is also malic acid.

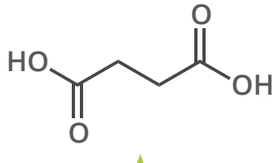


TARTARIC ACID

Tartaric acid is the principal acid in fewer fruits than citric and malic acid. However, it is the main acid in grapes, which also contain malic acid. Red grapes have higher levels of tartaric acid. The main acid of avocado and tamarind is also tartaric acid.

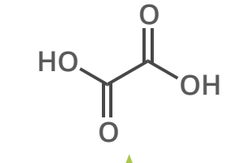
OTHER ORGANIC ACIDS

Citric, malic, and tartaric acids are not the only organic acids present in fruit – a number of other acids are also present, albeit in significantly smaller quantities. To the right, a small selection of these compounds are shown, along with a brief note of some of the fruits in which they're often found.



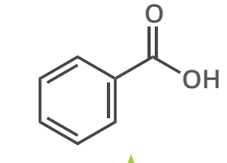
SUCCINIC ACID

Apples and some berries



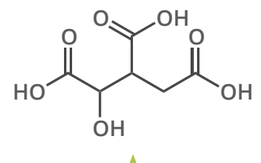
OXALIC ACID

Small amounts in berries



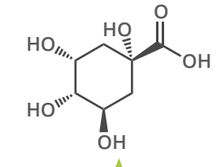
BENZOIC ACID

Present in cranberries



ISOCITRIC ACID

Present in blackberries



QUINIC ACID

Plums & kiwifruit