

Specific Heat of select Fruits and Vegetables

Food	Specific Heat - liquids (above freezing)		Specific Heat - solids (below freezing)	
	(<i>btu/(lb ° F)</i>)	(<i>kJ/(kg ° C)</i>)	(<i>btu/(lb ° F)</i>)	(<i>kJ/(kg ° C)</i>)
Fruits				
Apples	0.91	3.81	0.47	1.98
Apricots, fresh	0.88	3.68	0.43	1.8
Avocados	0.72	3.01	0.37	1.55
Bananas	0.8	3.35	0.4	1.67
Blackberry	0.87	3.64	0.42	1.76
Blueberries	0.87	3.64	0.42	1.76
Cantaloupe	0.94	3.93	0.46	1.91
Cherries, sour	0.88	3.68	0.41	1.72
Cherries, sweet	0.84	3.52	0.4	1.67
Crab apples	0.85	3.56	0.43	1.8
Cranberries	0.9	3.77	0.38	1.59
Currants	0.97	4.06	0.45	1.88
Figs, fresh	0.82	3.43	0.41	1.72
Gooseberry	0.86	3.6	0.42	1.76
Granadilla	0.84	3.52	0.41	1.72
Grapefruit	0.91	3.81	0.44	1.84
Grapes	0.88	3.7	0.49	2.07
Guavas	0.86	3.6	0.42	1.76
Kumquats	0.85	3.56	0.41	1.72
Lemons	0.91	3.81	0.44	1.84
Limes	0.89	3.73	0.43	1.8
Loganberries	0.86	3.6	0.42	1.76
Mangos	0.89	3.74	0.47	1.95
Muskmelons	0.94	3.94	0.45	1.88
Nectarines	0.86	3.6	0.42	1.76
Oranges, fresh	0.9	3.77	0.43	1.8
Peaches	0.9	3.77	0.43	1.8
Pears	0.91	3.8	0.49	2.06
Persimmons	0.72	3.01	0.37	1.55
Pineapple, fresh	0.88	3.68	0.43	1.8
Plums	0.89	3.73	0.43	1.8
Pomegranate	0.85	3.56	0.41	1.72
Prickly pears	0.91	3.81	0.43	1.81

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Prunes	0.81	3.39	0.4	1.67
Pumpkin	0.92	3.85	0.44	1.84
Quinces	0.88	3.68	0.43	1.8
Raspberries, black	0.85	3.56	0.41	1.72
Raspberries, red	0.89	3.73	0.43	1.8
Rhubarb	0.96	4.03	0.45	1.88
Rose Apple	0.89	3.73	0.43	1.8
Sapodilla	0.91	3.81	0.44	1.84
Sapote	0.73	3.06	0.37	1.55
Strawberries	0.95	3.98	0.45	1.88
Sugar apple, fresh	0.79	3.31	0.39	1.63
Tangerines	0.93	3.9	0.46	1.93
Watermelon	0.94	3.94	0.45	1.88
<u>Vegetables</u>				
Artichokes	0.87	3.64	0.42	1.76
Asparagus	0.94	3.94	0.45	1.88
Asparagus beans	0.88	3.68	0.43	1.8
Beans, snap	0.95	3.99	0.44	1.85
Bean, Lima	0.84	3.52	0.49	2.07
Beets	0.9	3.77	0.43	1.8
Broccoli	0.92	3.85	0.44	1.84
Brussels sprouts	0.88	3.68	0.43	1.8
Cabbage	0.94	3.94	0.45	1.88
Carrots	0.91	3.81	0.44	1.84
Cauliflower	0.93	3.89	0.44	1.84
Celeriac	0.93	3.9	0.45	1.89
Celery	0.94	3.94	0.45	1.88
Chard	0.93	3.89	0.43	1.8
Collards	0.96	4.01	0.44	1.86
Corn, Sweet	0.87	3.62	0.47	1.98
Cow-peas, fresh	0.73	3.06	0.22	0.92
Cucumber	0.98	4.1	0.45	1.88
Dandelion greens	0.88	3.68	0.43	1.8
Eggplant	0.94	3.94	0.45	1.88
Endive	0.95	3.98	0.45	1.88

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Garlic	0.79	3.31	0.4	1.67
Horseradish, fresh	0.79	3.31	0.4	1.67
Kale	0.89	3.73	0.43	1.8
Kidney beans, dried	0.28	1.17	0.23	0.96
Kohlrabi	0.92	3.85	0.44	1.84
Leeks	0.91	3.81	0.44	1.84
Lettuce	0.96	4.02	0.45	1.88
Mushrooms, fresh	0.93	3.89	0.44	1.84
Olives, green	0.8	3.35	0.4	1.67
Onion, Welsh	0.91	3.81	0.44	1.84
Onions	0.9	3.77	0.43	1.8
Parsnips	0.89	3.74	0.48	2.02
Peas, green	0.9	3.75	0.47	1.98
Peppers, ripe	0.91	3.81	0.44	1.84
Potatoes	0.82	3.43	0.41	1.72
Pumpkins	0.94	3.97	0.43	1.81
Radishes	0.95	3.98	0.45	1.88
Rutabagas	0.91	3.81	0.44	1.84
Spinach	0.96	4.02	0.42	1.75
Squash, summer	0.97	4.07	0.42	1.74
Sweet potatoes	0.75	3.14	0.38	1.59
Tomatoes, green	0.96	4.02	0.45	1.88
Tomatoes, red	0.95	3.98	0.45	1.88
Turnips	0.93	3.89	0.44	1.84
Watercress	0.95	3.98	0.45	1.88
Yams	0.78	3.27	0.39	1.63

Adapted from Engineeringtoolbox.com and ASHRAE -
 "Thermal Properties of Foods" Table 3

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