

High magnesium foods

Magnesium is a mineral your body needs. Green vegetables, nuts, seeds, and whole grains are good sources of this mineral. Try to eat at least one (1) serving of a high magnesium food with each meal and snack.

Food	Magnesium (mg)
Almonds, 2 Tbsp	86
Apricots, 3 medium	8
Artichoke, 1 medium	180
Avocado, ½ medium	71
Banana, 1 medium	33
Black-eyed peas, 1/2 cup	43
Bran muffin	60
Brazil nuts, 2 Tbsp	64
Broccoli, 1/2 cup	19
Brown Rice, 2/3 cup	57
Cashews, 2 Tbsp	74
Chicken 3.5	27
Chickpeas, 1/2 cup	40
Chocolate bar, 1.5 oz	45
Kiwi fruit, 1 medium	23
Lima beans, 1/2 cup	40
Mackerel, 3 oz	65
Milk, 1 cup	34
Multigrain cereal, 2/3 cup	16
Okra, ½ cup	41
Oysters, 3 oz	19

Food	Magnesium (mg)
Peanut Butter, 2 Tbsp	51
Plantain, 1 medium	49
Potato, 1 medium	55
Pumpkin seeds, 2 Tbsp	152
Ready-to-eat cereal, whole grain, 1 oz	50
Scallops, 3 oz	23
Sesame seeds, 2 Tbsp	101
Soy milk, 1 cup	46
Soybeans, 1/2 cup	74
Spinach, 1/2 cup	78
Sunflower seeds, 2 Tbsp	100
Swiss chard, 1/2 cup	76
Tofu, 1/2 cup	118
Whole-wheat bread, 1 slice	24
Whole-wheat English muffin	47
Whole-wheat pasta, 1 cup	42
Yogurt, 1 cup	26

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