

MAGNESIUM RICH FOODS

Include at least 400 mg of Magnesium daily for a high magnesium diet. The best sources of magnesium are dark green vegetables, legumes, cereals, wheat bread, fish, and nuts.

Amount Magnesium
mg

Dairy Products

■ Eggs, large	1	6.1
■ Milk, butter (fluid culture)	1 cup	26.8
■ Milk, regular	1 cup	32.8
■ Milk, skim	1 cup	27.8
■ Milk, low-sodium	1 cup	12.2

Cereal

■ Bran flakes, 40%	1/2 cup	24.0
■ Cream of Rice, salt free, cooked	1 cup	7.3
■ Cream of Wheat, salt free, quick cooking	1 cup	14.7
■ Oatmeal, cooked	1 cup	57.6
■ Puffed and shredded wheat	1/2 cup	19.3
■ Rice Krispies	1/2 cup	5.0

Breads, and Starches

■ Bread, regular	1 slice	6.3
■ Bread, whole wheat	1 slice	3.5
■ Noodles, egg enriched, cooked with no salt, drained	1/2 cup	10.4
■ Rice, enriched, no added salt	1/2 cup	9.3
■ Roll, soft, enriched	1	5.9
■ Vanilla Wafers	5	6.0

Amount Magnesium
mg

Meat and Fish

■ Boiled beef	1 oz.	6.5
■ Chopped beef, lean, cooked	1 oz.	7.1
■ Sirloin, cooked	1 oz.	8.8
■ Chicken, dark meat, cooked	1 oz.	6.4
■ Chicken, white meat, cooked	1 oz.	7.6
■ Lamb, cooked	1 oz.	7.4
■ Turkey, dark meat, cooked	1 oz.	6.8
■ Turkey, white meat, cooked	1 oz.	7.9
■ Veal, lean, cooked	1 oz.	9.4
■ Bluefish, cooked	1 oz.	7.1
■ Flat fish, raw	1 oz.	8.5
■ Cod, cooked	1 oz.	9.9
■ Halibut, cooked	1 oz.	7.9
■ Shrimp, raw	1 oz.	11.9
■ Tuna, regular, canned, drained	1 oz.	9.9
■ Tuna, salt free, canned, drained	1 oz.	9.6

Sweets

■ Ice cream, regular	1/2 cup	9.3
■ Ice milk	1/2 cup	9.4
■ Sugar, brown, packed	1/2 cup	7.6

Juices

■ Apricot nectar	3 1/2 oz.	7.0
■ Grape	3 1/2 oz.	10.3
■ Grapefruit	3 1/2 oz.	10.3

Continued ▶

	Amount Magnesium	
		mg
Juices (cont.)		
■ Lemon, canned	3 ½ oz.	8.2
■ Orange, canned	3 ½ oz.	10.5
■ Orange, fresh	3 ½ oz.	10.9
■ Pineapple	3 ½ oz.	14.0
■ Prune	3 ½ oz.	14.0
■ Tomato	3 ½ oz.	11.0
■ Tomato, salt free	3 ½ oz.	11.0

Vegetables		
■ Asparagus, cut, canned, drained	½ cup	17.7
■ Asparagus, low sodium, drained	½ cup	17.7
■ Beans, green, canned, drained	½ cup	8.8
■ Beans, green, low sodium, drained	½ cup	8.8
■ Beans, wax, canned, drained	½ cup	8.8
■ Beets, canned, drained	½ cup	31.5
■ Beets, low-sodium, drained	½ cup	31.5
■ Broccoli, cooked, no added salt, drained	½ cup	51.0
■ Cabbage, cooked, no added salt, drained	½ cup	11.0
■ Carrots, canned, drained	½ cup	9.8
■ Carrots, low sodium, drained	½ cup	9.8
■ Carrots, raw	1 medium	15.0
■ Cauliflower, cooked, no added salt, drained	½ cup	9.9
■ Corn, canned, drained	½ cup	27.2
■ Corn, low sodium, drained	½ cup	27.2
■ Cucumber, pared, raw	½ cup	10.1
■ Peas, sweet, canned, drained	½ cup	32.4
■ Peas, low sodium, drained	½ cup	32.4
■ Tomato, raw	1 medium	13.5
■ Tomato, canned, drained	½ cup	14.4
■ Tomato, low sodium, drained	½ cup	14.4

	Amount Magnesium	
		mg
Fruits		
■ Apricots, canned	3 halves	8.0
■ Banana	1 medium	33.0
■ Cherries, canned, pitted	½ cup	16.0
■ Grapefruit, fresh	½ cup	9.5
■ Orange, fresh	1 medium	13.0
■ Peach, fresh, pared	1 medium	6.0
■ Peach, canned in syrup	½ cup	6.0
■ Pear, fresh	1 medium	9.0
■ Pear, canned in syrup	½ cup	5.5
■ Pineapple, canned	½ cup	17.5
■ Strawberries, raw	½ cup	8.0

Nuts and Seeds		
■ Almonds, dry	¼ cup	105
■ Brazil nuts, dry	¼ cup	80
■ Cashews, dry roasted	¼ cup	89
■ Peanuts, dry or oil roasted	¼ cup	67
■ Peanut Butter	2 Tbsp	50
■ Pecans, dry	¼ cup	38
■ Sesame Seeds, roasted whole	1 oz.	101
■ Soybeans, roasted	¼ cup	63
■ Sunflower Seeds, dry	¼ cup	128
■ Walnuts, chopped	¼ cup	63