

Prepared For:		Date:	
Prepared By:		Contact:	

Magnesium level: _____ **Magnesium dosing:** _____

Magnesium Content of Foods

- The best sources of magnesium are legumes (beans, peas, and lentils), nuts, whole grains, and certain vegetables.
- Eating more than the serving size for a moderate or low-magnesium food will make it a high-magnesium food. Foods made with high-magnesium foods will also be high in magnesium.
- Unless otherwise noted, all food is cooked: meat is roasted, fish is cooked with dry heat, and vegetables are cooked from fresh. Fruit is raw.
- This is a guide. Actual values may vary depending on the product and/or processing.
- Values are rounded to the closest 1-milligram (mg) increment and may be averaged with similar foods in the same group.

High Magnesium (40 mg or more)

Food	Serving	Milligrams (mg)
Artichoke	1 medium	50
Avocado, Florida	1 medium	73
Beans, black	½ cup	60
Beans: lima, navy, kidney, great northern, pinto	½ cup	45-50
Beans, white, canned	½ cup	67
Black-eyed peas, boiled	½ cup	45
Cereal, All Bran or 100% bran	½ cup	110
Eggnog	1 cup	48
Fish, halibut	3 oz	91
Fish, tuna, yellow fin	3 oz	54
Greens, beet	½ cup	49
Milk, chocolate, prepared from powder mix	1 cup	48
Milk, condensed, sweetened	½ cup	40
Muffin, oat bran	2 oz	89
Nuts: almonds or cashews	1 oz	75
Nuts, Brazil nuts	1 oz	107
Nuts: chestnuts, hazelnuts, walnuts	1 oz	45
Nuts, mixed	1 oz	67
Nuts, peanuts	1 oz	50
Oatmeal	1 cup	61
Okra, frozen	½ cup	47
Peanut butter	2 Tbsp	50
Potato, baked with skin	1 medium	50

Rice, brown, long grain	½ cup	42
Seeds: pumpkin or squash	1 oz	151
Soybeans	½ cup	74
Soy milk	1 cup	61
Spaghetti, whole wheat	1 cup	42
Spinach: fresh, frozen, or canned	½ cup	80
Swiss chard	½ cup	76
Tofu, firm	½ cup	73
Wheat germ	1 oz	67

Other Sources of Magnesium

Food	Serving	Milligrams (mg)
Banana	1 medium	32
Beans, baked	½ cup	35
Bread, whole wheat	1 slice	23
Cereal, raisin bran	½ cup	38
Chickpeas (garbanzo beans), canned	½ cup	35
Chocolate	1 ½ oz bar	28
Juice, prune	½ cup	18
Lentils	½ cup	36
Milk, all types	1 cup	27
Milk, chocolate	1 cup	35
Milk, evaporated	½ cup	30
Potato, sweet, canned	½ cup	28
Pumpkin, canned	½ cup	28
Rice, wild	½ cup	26
Sardines	3 oz	33
Seeds, sunflower	1 oz	37
Spinach, raw	1 cup	24
Squash, summer	½ cup	22
Tomato sauce, spaghetti or marinara	½ cup	26
Yogurt, plain or fruited	8 oz	35

Sources: US Department of Agriculture Agricultural Research Service. USDA National Nutrient Database for Standard Reference and Nutrient Data Laboratory; NutritionData.com. Nutrition Facts and Information.

Notes