

# Food Sources of Magnesium

Food	Magnesium Content (mg)
Spinach, cooked from fresh, 1 cup	156
Pumpkin seeds, roasted, 1 oz or 3.5 Tbsp	151
Swiss chard, cooked from fresh, 1 cup	150
Bran ready-to-eat cereal (100%), ~1 oz	103
Beet greens, cooked, 1 cup	98
Okra, cooked from frozen, 1 cup	94
Halibut, cooked, 3 oz	91
Almonds, 1 oz or 22 nuts	78
Buckwheat flour, 1/4 cup	75
Cashews, dry roasted, 1 oz or 18 nuts	74
Soybeans, mature, cooked, 1/2 cup	74
Pine nuts, dried, 1 oz or 3.5 Tbsp	71
Mixed nuts, oil roasted, with peanuts, 1 oz or 15 nuts	67
White beans, cooked, 1/2 cup	67
Pollock, walleye, cooked, 3 oz	62
Quinoa, cooked, 1/2 cup	60
Black beans, cooked, 1/2 cup	60
Bulgur, dry, 1/4 cup	57

Food	Magnesium Content (mg)
Oat bran, raw, 1/4 cup	55
Brazil nuts, 1/2 oz or 3 nuts	54
Soybeans, green, cooked, 1/2 cup	54
Tuna, yellowfin, cooked, 3 oz	54
Artichoke hearts, cooked, 1/2 cup	50
Peanuts, dry roasted, 1 oz or 35 nuts	50
Lima beans, baby, cooked from frozen, 1/2 cup	50
Navy beans, cooked, 1/2 cup	48
Tofu, firm, prepared with nigari, 1/2 cup	47
Soy beverage, 1 cup	47
Cowpeas, cooked, 1/2 cup	46
Hazelnuts, 1 oz or 20 nuts	46
Oat bran muffin, 1 oz	45
Great Northern beans, cooked, 1/2 cup	44
Buckwheat groats, roasted, cooked, 1/2 cup	43
Brown rice, cooked, 1/2 cup	42
Haddock, cooked, 3 oz	42
Figs, fresh, 4 small	25

Source: Institute for Functional Medicine and Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.