

# Magnesium: Food Sources

Magnesium is an essential mineral present in nuts, seeds, legumes, whole grains and green leafy vegetables. Smaller amounts are found in some meats, fish and dairy.

More than 300 reactions in the body require magnesium. It is necessary for the production of energy and protein, supports a healthy immune function and helps bones stay strong. Magnesium is also a direct vasodilator, is required to maintain normal nerve and muscle function, helps keep the heart beating steadily and aids in blood pressure and blood glucose regulation.

While a severe magnesium deficiency is uncommon, data suggests that many individuals are consuming significantly less than recommended amounts.

The Recommended Dietary Allowances (RDA) for magnesium is as follows:

- **Females, ages 19-30:** 310 mg per day
- **Females, ages 31+:** 320 mg per day
- **Females, pregnant, ages 19-30:** 350 mg per day
- **Females, pregnant, ages 31-50:** 360 mg per day
- **Males, ages 19-30:** 400 mg per day
- **Males, ages 31+:** 420 mg per day
- **Hypertension:** 500 mg or more per day (may need to supplement)

Food	Serving Size	Amount (mg)
Pumpkin seeds	¼ cup	162
Amaranth, cooked	1 cup	160
Sesame seeds	¼ cup	126
Brazil nuts	1 ounce or 6 nuts	107
Spinach, cooked	½ cup	98
Chia seeds	1 ounce	95
Almonds	1 ounce or 23 nuts	80
Swiss chard, boiled	½ cup	75
Cashews	1 ounce or 16 nuts	74
Peanuts	¼ cup	63
Cereal, shredded wheat	2 large biscuits	61
Black beans, cooked	½ cup	60
Edamame, shelled, cooked	½ cup	50
Molasses	1 Tbsp	48
Hazelnuts	1 ounce or 21 nuts	46
Avocado, cubed	1 cup	44
Brown rice, cooked	½ cup	43

Sources: The Institute for Functional Medicine, Food Sources: Magnesium, Version 2; USDA Nutrient Database

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