

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% | ½ 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 | ½ cup | 19.3 |
| ■ Rice Krispies | ½ 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 | ½ cup | 10.4 |
| ■ Rice, enriched, no added salt | ½ 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 | ½ cup | 9.3 |
| ■ Ice milk | ½ cup | 9.4 |
| ■ Sugar, brown, packed | ½ cup | 7.6 |

Juices

| | | |
|------------------|---------|------|
| ■ Apricot nectar | 3 ½ oz. | 7.0 |
| ■ Grape | 3 ½ oz. | 10.3 |
| ■ Grapefruit | 3 ½ 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 |