

Magnesium Food List

Food	Serving Size	milligrams (mg) per serving
almonds and cashews	1 oz	75mg
almond butter	1 tablespoon	45mg
artichoke	1 medium	77mg
avocado	1/2 medium	35mg
baked potato with skin	1 medium	50mg
baked beans	1 cup	109mg
banana	1 medium	30 mg
black beans	1/2 cup	60mg
bran cereal	1/2 cup	110mg
brown rice	1/2 cup	40 mg
chocolate	1 bar (1.5 oz)	28mg
halibut	3 oz	90mg
garbanzo beans (canned)	1 cup	61mg
lentils	1 cup	71mg
milk (all types)	8 oz	27mg
mixed nuts	1 oz	67mg
oatmeal	1/2 cup	30mg
peanut butter	2 tablespoons	50mg
prunes	1 cup	71mg
pumpkin seeds	1 oz	151mg
sardines (canned)	1 can (3.75oz)	36mg
soybeans	1/2 cup	74mg
soy milk	8 oz	61mg
spinach (fresh, frozen, canned)	1/2 cup	80mg
sunflower butter	1 oz	88mg
sunflower seeds	1/4 cup	114mg
Swiss chard	1/2 cup	76mg
tofu	1/2 cup	73mg
tomato sauce	1 cup	37mg
wild rice	1 cup	283mg
whole wheat bread	1 slice	24mg
whole wheat pasta (cooked)	1 cup	63mg