

Magnesium Content in Foods

- The best sources of magnesium are legumes, nuts, whole grains, and certain vegetables.
- Unless otherwise noted, all foods except fruits are cooked: Meat is roasted, fish is cooked with dry heat, and vegetables are cooked fresh.
- This is a guide. Actual values may vary depending on product and/or processing.
- Values are rounded to the closest 1 mg increment and may be averaged with similar foods in a group.

High Magnesium (40 mg or more)

Food	Serving	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
Black-eyed peas (cowpeas), boiled	½ cup	45
Cereal, All-Bran or 100% Bran	½ cup	110
Eggnog	1 cup	48
Fish, halibut	3 oz.	91
Fish, tuna, yellowfin	3 oz.	54
Greens, beets	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
Soy milk	1 cup	61
Soybeans	½ cup	74
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	mg
Bananas	1 medium	32
Beans, baked	½ cup	35
Bread, whole wheat	1 slice	23
Cereal, Raisin Bran	½ cup	38
Chickpeas (garbanzos), canned	½ cup	35
Chocolate	1.5 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
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
Sweet potato, canned	½ cup	28
Tomato sauce, spaghetti or marinara	½ cup	26
Yogurt, plain or fruited	8 oz.	35