

# Food Sources of Magnesium



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

Magnesium is a mineral needed by your body to produce energy, relax and contract your muscles, and prevent tooth decay. It is involved in many processes in the body. Magnesium aids nerve and heart function, bone and teeth formation, and metabolism of carbohydrates and proteins.

Magnesium is found in small amounts in many foods. Eating a well-balanced diet can provide the body with enough of this mineral. The Recommended Dietary Allowance (RDA) for magnesium is:

- 400 to 420 milligrams (mg) for men
- 310 to 320 mg for women

## Foods rich in magnesium

It is best to get your magnesium from foods unless you are told differently by your doctor. Do not take mineral supplements in excess of the RDA unless your doctor orders higher amounts as part of your treatment plan. Large doses of magnesium supplements can cause diarrhea.

The foods listed below are rich in magnesium.

Food	Serving Size	Amount of Magnesium in Milligrams (mg)
Almonds	¼ cup	97
Artichoke	1 medium (128 grams)	77
Avocado	1 cup, sliced or 1 fruit without skin and seed	39
Banana	1 medium	33
Beans, such as black beans, garbanzo, kidney, lima and navy	1 cup	60-120
Beef sirloin, cooked	3 ounces	22
Beets	1 cup	31
Black-eyed peas	1 cup	67
Bran cereal, such as Kellogg's All-Bran Complete Wheat Flakes	¾ cup	168
Broccoli	1 cup, chopped	19
Cashews	¼ cup	89

Food	Serving Size	Amount of Magnesium in Milligrams (mg)
Chicken, white meat, cooked	3 ounces	24
Chocolate, dark, 70 to 85% cacao	1 ounce or ¼ cup	65
Crab, blue, canned	3 ounces	31
Edamame, cooked	1 cup	99
Figs, dried	¼ cup	25
Halibut, cooked	3 ounces	24
Kale	1 cup	8 (raw) or 23 (cooked)
Lentils, cooked	1 cup	71
Lobster, cooked	1 cup	62
Milk, 2%, 1% and fat free skim	1 cup	37
Milk, soy	1 cup	42
Nuts, mixed	¼ cup	74
Oatmeal, cooked	1 cup	63
Peanut butter, smooth	2 tablespoons	54
Potato	1 medium	49
Pumpkin seeds	¼ cup	191
Sesame seeds	1 tablespoon	32
Shrimp, cooked	3 ounces	33
Spinach	1 cup	24 (raw) or 157 (cooked)
Sunflower seeds	¼ cup	41
Swiss chard	1 cup	29 (raw) or 150 (cooked)
Tofu	½ cup	37
Turkey, white meat, cooked	3 ounces	27
Wheat bran	2 tablespoons	44
Wheat germ cereal	14 grams (1.67 tablespoons)	45
Yogurt, fruit variety, nonfat	1 cup	39

**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.