

## Food Sources of **Magnesium**

Food Sources of magnesium ranked by milligrams of magnesium per standard amount.

<u>Food, Standard Amount</u>	<u>Magnesium (mg)</u>
Pumpkin and squash seed kernels, roasted, 1 oz	151
Brazil nuts, 1 oz	107
Bran ready-to-eat cereal (100%), ~1 oz	103
Halibut, cooked, 3 oz	91
Quinoa, dry, ¼ cup	89
Spinach, canned, ½ cup	81
Almonds, 1 oz	78
Spinach, cooked from fresh, ½ cup	78
Buckwheat flour, ¼ cup	75
Cashews, dry roasted, 1 oz	74
Soybeans, mature, cooked, ½ cup	74
Pine nuts, dried, 1 oz	71
Mixed nuts, oil roasted, with peanuts, 1 oz	67
White beans, canned, ½ cup	67
Pollock, walleye, cooked, 3 oz	62
Black beans, cooked, ½ cup	60
Bulgur, dry, ¼ cup	57
Oat bran, raw, ¼ cup	55
Soybeans, green, cooked, ½ cup	54
Tuna, yellowfin, cooked, 3 oz	54
Artichokes (hearts), cooked, ½ cup	50
Peanuts, dry roasted, 1 oz	50
Lima beans, baby, cooked from frozen, ½ cup	50
Beet greens, cooked, ½ cup	49

Navy beans, cooked, ½ cup	48
Tofu, firm, prepared with nigari <sup>a</sup> , ½ cup	47
Okra, cooked from frozen, ½ cup	47
Soy beverage, 1 cup	47
Cowpeas, cooked, ½ cup	46
Hazelnuts, 1 oz	46
Oat bran muffin, 1 oz	45
Great Northern beans, cooked, ½ cup	44
Oat bran, cooked, ½ cup	44
Buckwheat groats, roasted, cooked, ½ cup	43
Brown rice, cooked, ½ cup	42
Haddock, cooked, 3 oz	42

<sup>a</sup> Calcium sulfate and magnesium chloride.

**Source:** Nutrient values from Agricultural Research Service (ARS) Nutrient Database for Standard Reference, Release 17.