



Food Sources of Magnesium



Fruits and Vegetables:

Adzuki beans	Lentils	Raisins
Avocado	Lima beans	Seaweed
Banana	Lupins	Soybeans
Blackeye peas (cowpeas)	Navy beans	Spinach
Cassava (raw)	Pigeon peas	Swiss chard
Chickpeas (garbanzo beans)	Pink beans	White beans
Great northern beans	Pinto beans	Yellow beans
Kidney beans	Potato with skin	

Grains and Grain Products:

Amaranth	Oat bran	Wheat bran
Barley	Rice (brown and wild)	Wheat germ
Buckwheat (including flour)	Rice bran	Wheat flour
Granola	Rye flour	Wheat pasta
Oats (whole grain)	Triticale flour	

High bran cereals (ex. All Bran, 100% Bran, Bran Buds, Bran Flakes, Raisin Bran)

Dried nuts and seeds (ex. almonds, black walnuts, brazil nuts, cashews, English walnuts, hazelnuts, macadamia nuts, peanuts, pecans, pistachios, pumpkin seeds, sunflower seeds, sesame seeds)

Other

Hummus, molasses, soybean products (flour, natto, miso, tempeh, raw tofu)

If you are on a magnesium supplement, do not take within 2 hours of an iron or folic acid supplement.



Reviewed by Theresa Shepherd, MS, RD, CDN, CSO, 2/2018.