

## MAGNESIUM-RICH FOOD ITEMS

FOOD ITEM	SERVING (oz)	MAGNESIUM CONTENT (mg)
Peanuts, all types, roasted	1/2 cup	131
Tofu, raw, regular	1/2 cup	127
Peanuts, all types, raw	1/2 cup	123
Broccoli, cooked	2 large stalks	120
Spinach, cooked	1/2 cup	79
Chard, Swiss, cooked	1/2 cup	76
Soybeans, cooked	1/2 cup	74
Tomato paste, canned	1/2 cup	67
Simulated meat products, meat extender	1 ounce	61
Small white beans, cooked	1/2 cup	61
Sweet potato, canned, mashed	1/2 cup	61
Black beans, cooked	1/2 cup	60
Dock (sorrel), cooked	1/2 cup	60
Nuts & seeds, all types	1 ounce	60 avg. (9-152)
Pumpkin seeds	1 ounce	152
Chestnuts	1 ounce	9
Chili with beans, canned	1/2 cup	58
White beans, cooked	1/2 cup	57
Baked beans	1/2 cup	55
Navy beans, cooked	1/2 cup	53
Peanut butter	2 tablespoons	51
Succotash, cooked	1/2 cup	51
Beet greens, baby Lima beans, or Refried beans, cooked	1/2 cup	49
Mung beans, cooked	1/2 cup	48
Artichoke, cooked	1 medium	47
Pinto beans, cooked	1/2 cup	47
Whole grain cereals, ready-to-eat	1 ounce	47 avg. (22-134)
Black-eyed peas, dried, cooked	1/2 cup	46
Okra, cooked	1/2 cup	46
Great Northern beans	1/2 cup	44
Squash, acorn, baked	1/2 cup cubes	43
Lima beans, large, cooked	1/2 cup	41
Kidney beans, all types, cooked	1/2 cup	40
Chickpeas or Purlane, cooked	1/2 cup	39
Yogurt, low fat varieties	1 cup (8 oz.)	37
Broad beans or Split peas, cooked	1/2 cup	36
Lentils, cooked	1/2 cup	35
Milk, fluid, all types	1 cup (8 oz.)	35 avg. (28-40)