

Significant Food Sources of Magnesium

Magnesium helps to regulate calcium absorption, maximize the integrity of the bones and teeth, and relax smooth muscles. It is also quite important in overall cardiovascular health. In foods, the highest levels of magnesium are found in whole, unprocessed foods. Since we often eat processed foods, it is not uncommon to have deficiencies in this important mineral. Renal disease, severe diarrhea, or anti-hypertensive drug therapy may deplete natural stores of this mineral. The RDA for adults is 350 mg per day for males and 280 mg per day for females.

	Amount	Milligrams
Vegetables (cooked)		
Spinach	1 cup	158
Swiss chard	1 cup	152
Yellow beans	1 cup	130
Succotash	1 cup	100
Beet greens	1 cup	98
Okra	1 cup	92
Beans / Peas		
Tofu (firm)	½ cup	127
Soybean flour	¼ cup	77
Soybeans, mature	½ cup	74
Black beans	½ cup	60
White beans	½ cup	58
Nuts / Seeds		
Sesame seeds, kernels	½ oz	100
Sunflower seeds, dried	½ oz	100
Hazelnuts	½ oz	81
Pumpkin seeds	½ oz	76
Seafood		
Spirulina, dried	1 oz	65
Kelp, raw	3 oz	121
Oysters	3 oz	92
Halibut	3 oz	71
Miscellaneous		
Tofu, firm	½ cup (124g)	127
Molasses (blackstrap)	1 Tbsp	103
Soy milk	1 cup	90
Millet	½ cup	81