

Food Sources of Magnesium

Information About Magnesium

Magnesium is a mineral that you need every day for good health.

Magnesium helps you take energy from food and make new proteins.

Magnesium is an important part of your bones, and helps keep your muscles and nerves healthy.

How Much Magnesium Should I Aim For?

Age in Years	Aim for an intake of mg (milligrams)/day	Stay below* mg/day
Men 19-30	400	350
Women 19-30	310	350
Men 31 and older	420	350
Women 31 and older	320	350
Pregnant Women 19-30	350	350
Pregnant Women over 30	360	350
Breastfeeding Women 19-30	310	350
Breastfeeding Women over 30	320	350

* Magnesium from supplements should not exceed 350 mg per day. It is safe to consume more than your daily magnesium needs from food and water.

Magnesium Content of Common Foods

The best sources of magnesium are legumes, nuts, seeds, fish and whole grains. The following table shows you which foods are sources of magnesium.



Food	Serving Size	Magnesium (mg)
Vegetables and Fruits		
Prickly pear	1 fruit	88
Spinach, cooked	125 mL (½ cup)	83
Swiss chard, cooked	125 mL (½ cup)	80
Tamarind	125 mL (½ cup)	58
Edamame/baby soy beans, cooked	125 mL (½ cup)	52
Potato, with skin, cooked	1 medium	44-55
Okra, cooked	125 mL (½ cup)	50
Grain Products		
Cereals, All Bran	30 g (check product label for serving size)	84-97
Wheat germ cereal, toasted	30 g (¼ cup)	96
Quinoa, cooked	125 mL (1/2 cup)	63
Milk and Alternatives		
Cheese, soy	50 g (1½ oz)	114
Yogurt, soy	175 g (¾ cup)	70
Meats and Alternatives		
<i>Legumes (dried beans, peas and lentils)</i>		
Peas, black-eyed peas/cowpeas, cooked	175 mL (¾ cup)	121
Tempeh/fermented soy product, cooked	150 g (¾ cup)	116
Soybeans, mature, cooked	175 mL (¾ cup)	109
Soy nuts	60 mL (¼ cup)	99
Beans (black, lima, navy, adzuki, white kidney, pinto, Great Northern,	175 mL (¾ cup)	60-89



cranberry, chickpeas), cooked		
Tofu, prepared with magnesium chloride or calcium sulfate	150 g (¾ cup)	45-80
Baked beans, with pork, canned	175 mL (¾ cup)	64
Lentils, split peas, cooked	175 mL (¾ cup)	52
<i>Nuts and Seeds</i>		
Pumpkin or squash seeds, without shell	60 mL (¼ cup)	317
Brazil nuts, without shell	60 mL (¼ cup)	133
Sunflower seed butter	30 mL (2 Tbsp)	101
Sunflower seeds, without shell	60 mL (¼ cup)	115
Almonds, without shell	60 mL (¼ cup)	88-109
Cashews, without shell	60 mL (¼ cup)	90
Pine nuts, without shell	60 mL (¼ cup)	70-86
Cashew butter	30 mL (2 Tbsp)	84
Flaxseeds	30 mL (2 Tbsp)	111
Sesame seeds	30 mL (2 Tbsp)	56-68
Peanuts, without shell	60 mL (¼ cup)	65
Chinese chestnuts, without shell	60 mL (¼ cup)	54
Peanut butter	30 mL (2 Tbsp)	52-55
Hazelnuts, without shell	60 mL (¼ cup)	52-55
<i>Fish and Seafood</i>		
Salmon, Chinook, cooked	75 g (2 ½ oz)	92
Halibut, cooked	75 g (2 ½ oz)	21
Mackerel, Atlantic, cooked	75 g (2 ½ oz)	73
Pollock, Atlantic, cooked	75 g (2 ½ oz)	64



Crab, Atlantic snow, cooked	75 g (2 ½ oz)	47
<i>Meat and Poultry</i>	These foods contain very little of this nutrient.	
Other		
Yeast extract spread (marmite or vegemite)	30 mL (2 Tbsp)	66

Source:

“Canadian Nutrient File 2016”

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

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