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Magnesium Containing Foods



Healthy adults need about **400mg** of magnesium per day.

Foods that are **HIGH** in magnesium

- Brazil Nuts: 106 mg per ounce
- Almonds: 80 mg per ounce
- Spinach: 78 mg per ½ cup, boiled
- Cashews: 74 mg per ounce
- Peanuts: 63 mg per ½ cup
- Soymilk: 61 mg per cup
- Black Beans: 60 mg per ½ cup
- Edamame: 50 mg per ½ cup
- Peanut Butter: 49 mg per 2 Tbsp

Other magnesium containing foods

- Avocado: 44 mg per cup
- 3.5oz - Baked Potato (with skin): 43 mg
- Brown Rice: 42 mg per ½ cup
- Low-fat Yogurt: 42 mg per 8 ounces
- Oatmeal: 36 mg per 1 packet
- Kidney Beans: 35 mg per ½ cup
- Medium Banana: 32 mg
- Salmon: 26 mg per 3 ounces
- Milk: 25 mg per cup

Magnesium is important for more than 300 reactions in the body!

Blood Glucose
Control

DNA Synthesis

Energy
Production