

Food Sources of Magnesium

Food	Amount	Magnesium Content (mg)
Black-eyed peas	1/2 cup	200
Millet	1/2 cup	185
White Beans	1/2 cup	175
Lima Beans	1/2 cup	160
Red Beans	1/2 cup	150
Barley	1/2 cup	140
Beet Greens	1/4 pound	120
Spinach	1/4 pound	100
Lentils	1/2 cup	75
Cashews	14	75
Swiss Chard	1/4 pound	75
Cornmeal	1/2 cup	65
Collard Greens	1/4 pound	65
Brown Rice	1/2 cup	60
Oats	1 cup	50
Potato/Sweet Potato	1 large	50
Peas	1 cup	50
Brussels Sprouts	1/4 pound	45
Almonds	15	40
Beets	2 medium	30
Peanut Butter	1 Tablespoon	30
Milk	1 cup	30
Broccoli	1 stalk	25
Cauliflower	1 cup	25

Supplements: Ask about high-quality magnesium supplements.