

Sources of magnesium

Magnesium is the fourth most abundant mineral in the body. It is a cofactor for more than 300 enzymatic reactions and is required for DNA synthesis, reproduction, and protein synthesis. Magnesium plays an important role in energy production, nerve function, bone health and regulation of muscle contraction and blood pressure.



Recommended Daily Intake (RDI) for iron



19-30 male
400 mg/day



30+ male
420 mg/day



19-30 female
310 mg/day



30+ female
320 mg/day

Food (serving size)	Magnesium (mg)
Pumpkin seeds (30g, ¼ cup)	150
Brazil nuts , dried (30g, 10 brazil nuts)	105
Almonds , dry roasted (30g, 20 almonds)	80
Spinach , boiled (½ cup)	78
Cashews , dry roasted (30g, 15 cashews)	74
Peanuts , oil roasted (¼ cup)	63
Black beans , cooked (½ cup)	60
Edamame , shelled, cooked (½ cup)	50
Bread , whole wheat (2 slices)	46
Avocado , cubed (1 cup)	44
Potato , baked with skin (100g, 1 medium size potato)	43
Rice , brown, cooked (½ cup)	42
Yogurt , plain, low fat (226g)	42
Dark chocolate , 70-85% cacao, (20g)	36
Oatmeal , instant (1 packet)	36
Kidney beans , canned (½ cup)	35
Banana (1 medium)	32
Salmon, Atlantic , cooked (85g)	26
Raisins (½ cup)	23
Chicken breast , roasted (85g)	22
Beef , ground, 90% lean (85g)	20
Broccoli , chopped and cooked (½ cup)	12
Rice , white, cooked (½ cup)	10
Apple (1 medium)	9
Carrot , raw (1 medium)	7