



Patient & Family Guide
2020

Food Sources of Magnesium



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Magnesium is a mineral found in your body. Your body needs magnesium to keep your bones, muscles, nervous system, and immune system healthy. Magnesium can also help keep your blood sugar and blood pressure under control.

Magnesium is removed from your body by your kidneys. If you have kidney problems, you may need to limit foods that are high in magnesium.

How much magnesium do we need each day?

Women 19-30 years old	310 mg
Women over 30 years old	320 mg
Men 19-30 years old	400 mg
Men over 30 years old	420 mg

Foods high in magnesium

The foods listed in this booklet have 40 mg or more per serving.

If you have low levels of magnesium, choose foods from the lists in this booklet.

If your magnesium levels are high, limit foods from the lists in this booklet.

Vegetables

- Artichoke hearts
- Beet greens
- Kelp, seaweed
- Okra
- Potato (baked with skin)
- Spinach (cooked)
- Squash, winter or acorn
- Sundried tomatoes
- Swiss chard

Grains

- Amaranth (ancient grain)
- Bran cereal
- Brown rice
- Buckwheat
- Oat bran
- Quinoa
- Wheat germ cereal (toasted)
- Instant oatmeal

Fish

- Salmon
- Halibut
- Haddock
- Mackerel
- Pollock
- Tuna (yellow fin)

Pulses

- Black beans
- Kidney beans
- Navy beans
- Split peas and lentils
- White beans
- Lima beans
- Chickpeas (including hummus)

Nuts and seeds (and their butters)

- Peanuts
- Almonds
- Brazil nuts
- Cashews
- Flax seeds
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Trail mix

Soy-based products

- Soy cheese
- Soy yogurt
- Tofu made with magnesium chloride or calcium sulfate (check the label)
- Soy nuts
- Edamame (soy beans)

Other foods:

- Yeast extract spread (Marmite® or Vegemite®)
- Molasses
- Tortilla chips
- Chocolate milk, hot chocolate (made with chocolate powder or syrup)

This pamphlet is just a guide. Please talk to your health care provider about your questions. We are here to help you.

