

Top Magnesium-Rich Foods Shopping List

With amount of magnesium per 100 g of each food unless noted otherwise.

Protein

- Mackerel**
97 mg
- Tuna**
64 mg
- Tofu**
60 mg
- Scallops**
44 mg
- Salmon**
37 mg
- Pollock**
37 mg
- Oysters**
36 mg
- Rockfish**
33 mg
- Halibut**
28 mg

Pantry

- Dark Chocolate**
228 mg
- Quinoa**
64 mg
- Whole Grain Cereal**
52.4 mg
- Brown and Wild Rice**
37 mg
- Bulgur**
32 mg

Dairy & Alternatives

- Soy Milk (1 cup)**
36.6 mg
- Plain Yogurt (1 cup)**
29.4 mg

Nuts and Seeds

- Pumpkin and Squash Seeds (1 oz)**
168 mg
- Almonds (1 oz)**
76.5 mg
- Cashews (1 oz)**
73.7 mg
- Peanuts (1 oz)**
50.5 mg

Fruit

- Plantain (1 medium)**
109 mg
- Dried Figs**
68 mg
- Avocados (1 medium)**
58.3 mg
- Prunes**
44 mg
- Banana (1 medium)**
31.9 mg

Vegetables

- White Beans**
190 mg
- Black Beans**
171 mg
- Spinach**
87 mg
- Swiss Chard**
86 mg
- Edamame**
64 mg
- Okra**
57 mg
- Potato (1 medium)**
39 mg
- Lentils**
36 mg
- Kale**
33 mg
- Broccoli**
21 mg

Avoid

- Excess salt
- Processed sugar
- Refined and processed foods
- Excess alcohol

Choose

- Organic and non-GMO produce whenever possible
- Wild-caught seafood whenever possible