

Better Bones, Better Body® List of Magnesium Foods

Food	Portion Size	Magnesium content (mg)
Vegetables		
Swiss chard (boiled)	1 cup	154
Spinach (cooked)	1 cup	106
Beet greens (cooked)	1 cup	98
Artichokes (cooked)	1 cup	71
Okra (cooked)	1 cup	70
Winter squash (cooked)	1 cup	64
Corn (fresh) vs. (canned)	1 cup	52 vs. 8
Broccoli (cooked)	½ cup	51
Parsnips (boiled)	1 cup	46
Collards (boiled)	1 cup	40
Kale (cooked)	1 cup	40
Potato (baked with skin)	1 med.	34
Carrots (raw) vs. (canned)	1 cup	20 vs. 8
Peas (cooked)	½ cup	17
Beans		
Tempeh	1 cup	134
Mung beans (boiled)	1 cup	97
Chickpeas (boiled)	1 cup	79
Tofu	3 ½ oz.	76
Soy beans (cooked) vs. Kidney beans	½ cup	74 vs. 47
Lentils (boiled)	1 cup	71
Black beans (cooked)	½ cup	60
Navy beans (cooked)	½ cup	52
Soy Milk	1 cup	46
Black-eyed Peas (cooked)	½ cup	45
Lima beans (cooked)	½ cup	43
Great Northern beans (cooked)	½ cup	33
Grains		
Cornmeal, yellow	1 cup	155
Soya flour, low-fat	½ cup	152
Flour (whole wheat) vs. (white)	1 cup	134 vs. 34
Bulgur (dry)	½ cup	115
Wheat Germ	¼ cup	96
Rice (brown) vs. (white)	1 cup	80 vs. 16
Millet (cooked)	1 cup	77
Oatmeal (cooked)	1 cup	61
Oats (dry)	½ cup	58
Buckwheat (dry)	½ cup	43

Wheatena vs. Cream of Wheat	½ cup	25 vs. 4
Rice (Uncle Ben's)	1 cup	4
Nuts and Seeds		
Pumpkin seeds (roasted)	1 oz.	156
Watermelon seeds (dried)	1 oz.	145
Sunflower seeds (dried)	¼ cup	128
Sesame seeds (roasted whole)	1 oz.	101
Almonds, Cashews, Pine nuts	¼ cup	93-95
Brazil nuts	¼ cup	80
Peanuts	¼ cup	62
Flaxseed (ground)	1 Tbsp	40
Fruits		
Figs (dried, uncooked)	½ cup	50
Avocado	½ cup	37
Prunes, pitted	½ cup	36
Dates (dried)	½ cup	32
Raisins (golden seedless)	½ cup	29
Apricots (dried)	½ cup	21
Banana	1 med.	32
Flesh meat		
Halibut (cooked)	3 oz.	90
Sea bass (cooked)	1 fillet	54
Tuna (bluefin, cooked)	3 oz.	54
Shrimp (cooked)	4 oz.	41
Clams (cooked)	20 small	34
Salmon (cooked)	4 oz.	33
Scallops (steamed)	3 oz.	31
Tilapia (cooked)	1 fillet	30
Chicken breast (cooked)	3 oz.	25
Crab (blue, cooked)	½ cup	25
Haddock (cooked)	1 fillet	28
Ground beef (cooked)	3 oz.	18
Other		
Dark chocolate	1 square	95
Yogurt, kefir	1 cup	50
Almond, Cashew butter	1 Tbsp	45
Cocoa powder	1 Tbsp	21

Suggested Magnesium Intake

RDA Recommendation: 320 mg women; 420 mg men

Dr. Brown's Recommendation: 400 – 800 mg between diet and supplements



Our Better Bones Builder supplement has 600 mg of Magnesium!