

2013

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.

Eating a variety of foods such as legumes, nuts, whole grains, and vegetables will help you get more magnesium.

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.

What is a normal blood level for magnesium?

0.74 – 1.03 mmol/L

How much magnesium do we need each day?

Women 19 - 30 years old	310 mg
Women over 31 years old	320 mg
Men 19 - 30 years old	400 mg
Men over 31 years old	420 mg

Foods high in magnesium

(40 mg or more per serving)

If you have **low** levels of magnesium, **choose** foods from the lists on the next page.

If your magnesium levels are **high**, **avoid** foods from the lists on the next page.

<p>Vegetables</p> <ul style="list-style-type: none"> • Artichoke hearts • Beet greens • Kelp / seaweed • Okra • Spinach • Swiss chard • Sundried tomatoes • Winter squash (baked) 	<p>Grains</p> <ul style="list-style-type: none"> • Amaranth (ancient grain) • Bran cereal • Brown rice • Buck wheat • Oat bran • Quinoa • Wheat bran • Wheat germ • Whole wheat flour
<p>Meat / Alternatives</p> <ul style="list-style-type: none"> • Salmon (Chinook) • Halibut • Haddock • Mackerel • Pollock (walleye) • Tuna (yellow fin) 	<p>Beans</p> <ul style="list-style-type: none"> • Black • Kidney • Navy • Soy & edamame • Split peas and lentils • White beans
<p>Nuts and seeds (and their butters)</p> <ul style="list-style-type: none"> • Peanuts • Almonds • Brazil nuts • Cashews • Flax seeds • Pine nuts • Pumpkin seeds • Sesame seeds • Soy nuts • Sunflower seeds 	<p>Other foods</p> <ul style="list-style-type: none"> • Soy cheese and yogurt • Tofu made with magnesium chloride or calcium sulfate (check the food label) • Yeast extract spread (Marmite® or Vegemite®)

