

Foods high in magnesium

The adult RDI for magnesium is 400 mg/day for men and 320 mg/day for women. The body typically absorbs approximately 30% to 40% of the dietary magnesium consumed.

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