



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Magnesium Content of Foods

High magnesium food (40 mg or more):

Food	Serving	Mg
Artichoke	1 medium	50
Avocado, Florida	1 medium	73
Beans, black	½ cup	60
Beans: kidney	½ cup	45-50
Beans, white, canned	½ cup	67
Cereal, All Bran or 100% bran	½ cup	110
Fish, tuna	3 oz.	54
Milk, chocolate, prepared from powder mix	1 cup	48
Milk, condensed, sweetened	½ cup	40



High magnesium food (40 mg or more):

Food	Serving	Mg
Nuts: almonds or cashews	1 oz.	75
Nuts: chestnuts, hazelnuts, Walnuts	1 oz.	45
Nuts, mixed	1 oz.	67
Nuts, peanuts	1 oz.	50
Oatmeal	1 cup	61
Okra, frozen	½ cup	47
Peanut butter	2 tbsp	50
Potato, baked with skin	1 medium	50



High magnesium food (40 mg or more):

Food	Serving	Mg
Rice, brown, long grains	½ cup	42
Seeds: pumpkin or squash	1 oz.	151
Soybeans	½ cup	74
Soymilk	1 cup	61
Spaghetti, whole wheat	1 cup	42
Spinach: fresh, frozen, or canned	½ cup	80
Tofu	½ cup	73
wheat germ	1 oz.	67



Other source of magnesium

Banana	1 medium	32
Bread, whole wheat	1 slice	23
Cereal, raisin bran	½ cup	38
Chickpeas, canned	½ cup	35
Chocolate	1 ½ oz. of bar	28
Lentils	½ cup	36
Milk, all type	1 cup	27
Milk, chocolate	1 cup	35
Milk, evaporated	½ cup	30



Other source of magnesium:

Food	Serving	Mg
Pumpkin, canned	½ cup	28
Rice, wild	½ cup	26
Sardine	3 oz.	33
Seeds, sunflower	1 oz.	37
Squash, summer	½ cup	22
Tomato sauce, spaghetti or marinara	½ cup	26
Yogurt, plain or fortified	8 oz.	35



Sources and References:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022

All pictures used are from Canva.com

Review and Audit:

The content of this booklet was written & reviewed by clinical nutrition
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Health Awareness unit

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