

Best Sources of Magnesium

Food	Milligrams	%DV
100% bran, 1oz	134	33
avocado, medium1/2	103	26
wheat germ, 1oz	90	22
almonds, 1oz	86	21
shredded wheat cereal	80	20
pumpkin seeds, 1/2oz	75	19
cashews, 1 oz	73	18
mixed nuts, 1 oz	66	17
spinach, 1/2cup	65	17
bran flakes, 1/2cup	60	15
oats, 1cup	56	14
potato, baked medium	55	14
soybeans, 1/2cup	54	13
peanuts, 1oz	50	12
baked beans, 1/2cup	40	10
lentils, 1/2cup	35	9
banana, medium	34	9
shrimp, 3oz	29	7
tahini, 2tbs	28	6
raisins, 1/2cup	28	6
whole wheat bread, 1 slice	24	5
kiwi fruit, 1 medium	23	5
hummus,2tbs	20	4
broccoli, 1/2cup	19	4