

Food Sources of Magnesium

Breakfast cereal	Snail	Lambquarters	Hemp seeds	Conch	Soybean curd cheese
Pumpkin and squash seeds	Watermelon seed kernels	Protein shake (magnesium-fortified)	Meat extender	Papad	Moth beans
Fireweed leaves	Cottonseed kernels	Whey protein powder isolate	Yardlong beans	Whelk	Leafy tips of bitter gourd
Prickly pears	Peanut butter (magnesium-fortified)	Flaxseed	Rice bran	Oat bran muffins	Dock
Cottonseed meal	Spinach	Brazil nuts	Swiss chard	Amaranth grain	Cottonseed flour
Nutrition shake (magnesium-fortified)	Sesame seeds	Hyacinth beans	Safflower seed kernels	Chinook salmon	Buckwheat
White and wild rice mix	Chia seeds	Soybeans	Sunflower seed butter	Formulated bar	Yellow beans
Lima beans	Sisymbrium sp. seeds	Spinach spaghetti	Mungo beans	Wheat bran	Piki bread made from blue cornmeal
Quinoa	Almond butter	White beans	Cashew nuts	Chili with beans	Almonds
Rose hips	Pink beans	Chocolate instant breakfast drink (magnesium-fortified)	Pili nuts	Teff	Cashew butter
Oats	Wild rice	Black bean soup	Buckwheat pancakes	Buckwheat flour	Sesame crunch
Scotch kale	Sorghum	Atlantic mackerel	Atlantic Pollock	French beans	Whole wheat pasta
Beaked hazelnuts	Lupin beans	Pine nuts	Common ling	Cowpeas	Tempeh
Spelt	Cocoa-rich chocolate (at least 70% cocoa solids)	Chocolate yogurt	Tofu yogurt	Fava beans	Great northern beans
Mung beans	Durum wheat	Medium-grain brown rice	Pigeon peas	Indian buffalo milk	Yellow rice with seasoning