Food Sources of Magnesium

Magnesium is a mineral needed by your body to produce energy, relax and contract your muscles, and prevent tooth decay. It is involved in many processes in the body. Magnesium aids nerve and heart function, bone and teeth formation, and metabolism of carbohydrates and proteins.

What is the recommended daily amount (RDA) of magnesium?

Magnesium is found in small amounts in many foods. Eating a well-balanced diet can provide the body with enough of this mineral. The Recommended Dietary Allowance (RDA) for magnesium is:

- 400 to 420 milligrams (mg) for men
- 310 to 320 mg for women

What if we do not get enough magnesium?

A low magnesium level may occur if:

- You are not getting enough in your diet
- Your body is not able to absorb the magnesium
- Your body has increased loss of magnesium due to a health condition or some medicine
- You take medicines or other dietary supplements that get in the way of how your body uses magnesium

Symptoms of low magnesium include:

- Fatigue
- Weakness
- Numbness or tingling
- Muscle cramps
- Seizures
- Abnormal heart rhythm

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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Foods Rich in Magnesium

It is best to get your magnesium from foods unless you are told differently by your doctor. Your doctor may order magnesium as part of your medical treatment plan. Do not take mineral supplements greater than the RDA unless your doctor orders higher amounts. Large doses of magnesium supplements can cause diarrhea.

Foods rich in magnesium include:

**Fruits and Vegetables:**
- Spinach, cooked: serving size 1 cup, 157 mg
- Swiss chard, cooked: serving size 1 cup, 150 mg
- Peas: serving size 1 cup, 64 mg
- Corn: serving size 1 cup, 54 mg
- Artichoke: serving size 1 medium (128 grams), 77 mg
- Banana: serving size 1 medium, 33 mg
- Avocado: serving size 1 cup, sliced or 1 fruit without skin and seed, 39 mg
- Beets: serving size 1 cup, 31 mg
- Swiss chard, raw: serving size 1 cup, 29 mg
- Figs, dried: serving size ¼ cup, 25 mg
- Spinach, raw: serving size 1 cup, 24 mg
- Kale, cooked: serving size 1 cup, 23 mg

**Grains and Starches:**
- Bran cereal, such as Kellogg’s All-Bran Complete Wheat Flakes: serving size ¾ cup, 168 mg
- Oatmeal, cooked: serving size 1 cup, 63 mg
- Potato: serving size 1 medium, baked with skin, 49 mg
- Quinoa: serving size 1 cup, cooked, 60 mg
- Rice: serving size ½ cup, brown cooked, 43 mg
- Bread: serving size 2 slices, whole wheat, 46 mg
Protein:

- Pumpkin seeds: serving size ¼ cup, 191 mg
- Edamame, cooked: serving size 1 cup, 99 mg
- Almonds: serving size ¼ cup, 97 mg
- Cashews: serving size ¼ cup, 89 mg
- Nuts, mixed: serving size ¼ cup, 74 mg
- Lentils, cooked: serving size 1 cup, 71 mg
- Black-eyed peas: serving size 1 cup, 67 mg
- Lobster, cooked: serving size 1 cup, 62 mg
- Beans, such as black beans, garbanzo, kidney, lima and navy: serving size 1 cup, 60-120 mg
- Peanut butter, smooth: serving size 2 tablespoons, 54 mg
- Sunflower seeds: serving size ¼ cup, 41 mg
- Tofu: serving size ½ cup, 37 mg
- Chia seeds: serving size 1 ounce, 111 mg
- Peanuts: serving size ¼ cup, dry roasted, 55 mg
- Flaxseed: serving size 1 tablespoon, ground, 27 mg
- Shrimp, cooked: serving size 3 ounces, 33 mg
- Sesame seeds: serving size 1 tablespoon, 32 mg
- Crab, blue, canned: serving size 3 ounces, 31 mg
- Turkey, white meat, cooked: serving size 3 ounces, 27 mg
- Chicken, white meat, cooked: serving size 3 ounces, 24 mg
- Halibut, cooked: serving size 3 ounces, 24 mg
- Beef sirloin, cooked: serving size 3 ounces, 22 mg

Dairy:

- Milk, soy: serving size 1 cup, 42 mg
- Yogurt: serving size 1 cup, 39 mg
- Milk, 2%, 1% and fat free skim: serving size 1 cup, 37 mg

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Other:

- Chocolate, dark, 70 to 85% cacao: serving size 1 ounce or ¼ cup, 65 mg
- Chocolate, dark, 60-69% cacao: serving size 1 ounce or ¼ cup, 50 mg

For a full list of foods for magnesium content, visit the U.S. Department of Agriculture’s (USDA’s) Nutrient Database at https://ods.od.nih.gov/factsheets/Magnesium-Consumer/.

Ask your doctor or dietitian if you would like more information about magnesium in your diet.