

What Foods are High in Magnesium?

Green vegetables such as spinach are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some beans, peas, nuts, seeds, and whole, unrefined grains are also good sources of magnesium.

You should note that refined grains are generally low in magnesium. When white flour is processed, the magnesium rich germ and bran are removed. Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour. Tap water can be a source of magnesium, but the amount varies according to the water supply. Water that naturally contains more minerals is described as "hard". "Hard" water usually contains more magnesium than "soft" water.

List of Magnesium Rich Foods

<i>Foods High in Magnesium</i>	<i>Serving Size</i>	<i>Magnesium (mg)</i>
Beans, black	1 cup	120
Broccoli, raw	1 cup	22
Halibut	1/2 fillet	170
Nuts, peanuts	1 oz	64
Okra, frozen	1 cup	94
Oysters	3 oz	49
Plantain, raw	1 medium	66
Rockfish	1 fillet	51
Scallop	6 large	55
Seeds, pumpkin and squash	1 oz (142 seeds)	151
Soy milk	1 cup	47
Spinach, cooked	1 cup	157
Tofu	1/4 block	37
Whole grain cereal, ready-to-eat	3/4 cup	24
Whole grain cereal, cooked	1 cup	56
Whole wheat bread	1 slice	24