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## FOODS THAT ARE HIGH IN MAGNESIUM

*The typical daily intake of magnesium is approximately 400 mg*

FOOD	Milligram per serving
Almonds, roasted, 1 ounce	80
Spinach, boiled, ½ cup	78
Cashews, roasted, 1 ounce	74
Peanuts, roasted, ¼ cup	63
Shredded wheat cereal, 2 biscuits	61
Black beans, 1/2cup cooked	60
Peanut butter, 2 tablespoons	49
Avocado, 1 cup	44
Potato, baked with skin, 3.5 ounces	43
Brown rice, cooked, ½ cup	42
Yogurt, plain, low fat, 8 ounces	42
Whole wheat bread, 2 slices	46