

Foods Rich in Magnesium



Pumpkin seeds
(1 oz = 168 mg)



Spinach
(1 cup = 150 mg)



Tuna
(6 oz = 109 mg)



Brown Rice
(1 cup = 86 mg)



Almonds
(1 oz = 80 mg)



Cashews
(1 oz = 74 mg)



**Dark chocolate, 70-85%
cocoa** (1 oz = 64 mg)



Peanuts
($\frac{1}{4}$ cup = 63 mg)



Lima Beans
($\frac{1}{2}$ cup = 63 mg)



Soy milk
(1 cup = 61 mg)



Quinoa, cooked
($\frac{1}{2}$ cup = 60 mg)



Black beans
($\frac{1}{2}$ cup = 60 mg)



Avocado
(58 mg)



Figs
($\frac{1}{2}$ cup = 50 mg)



Edamame
($\frac{1}{2}$ cup = 50 mg)