



Food Sources: Magnesium

Magnesium is an essential mineral present in nuts, seeds, legumes, whole grains, and green leafy vegetables. Smaller amounts are found in some meats, fish and dairy.

More than 300 reactions in the body require magnesium. It is necessary for the production of energy and protein, supports a healthy immune system, and helps bones stay strong. Magnesium is also required to maintain normal nerve and muscle function, helps to keep the heart beat steady, and aids in blood pressure and blood glucose regulation.

Severe magnesium deficiency is uncommon in healthy individuals who are consuming a balanced diet. However, data suggests that many individuals are consuming significantly less than the recommended amounts.

The Recommended Dietary Allowances (RDA) for magnesium is as follows:

- **Females (non-lactating, lactating), ages 19-30:** 310 mg per day
- **Females (non-lactating, lactating), ages 31+:** 320 mg per day
- **Females (pregnant), ages 19-30:** 350 mg per day
- **Females (pregnant), ages 31-50:** 360 mg per day
- **Males, ages 19-30:** 400 mg per day
- **Males, ages 31+:** 420 mg per day

Food, Standard Serving Size	Average Magnesium Content (mg)
Pumpkin seed kernels (shelled, roasted), ¼ cup	162
Amaranth grain (cooked), 1 cup	160
Brazil nuts (dried, unblanched), 1 ounce/~6 nuts	107
Almonds (dry roasted), 1 ounce/~23 almonds	80
Spinach (boiled), ½ cup	78
Swiss chard (boiled), ½ cup	75
Cashews (dry roasted), 1 ounce/~16 cashews	74
Peanuts (oil roasted), ¼ cup	63
Cereal (shredded wheat), 2 lg biscuits	61
Black beans (cooked), ½ cup	60
Edamame (shelled, cooked), ½ cup	50
Molasses, 1 Tbsp	48
Hazelnuts/Filberts, 1 ounce/~21 hazelnuts	46
Avocado (cubed), 1 cup	44
Brown rice (cooked), ½ cup	43

References

1. U.S. Department of Health and Human Services, National Institutes of Health, Office of Dietary Supplements. Magnesium. <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional>. Updated September 26, 2018. Accessed January 14, 2019.
2. U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy Version. Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>. Accessed January 14, 2019.
3. Oregon State University, Linus Pauling Institute, Micronutrient Information Center. Magnesium. <http://lpi.oregonstate.edu/mic/minerals/magnesium>. Reviewed May 2014. Accessed January 14, 2019.