

Magnesium:

Selected food sources ranked by amounts of magnesium and energy per standard food portion.

Food	Standard portion size	Calories in standard portion ¹	Magnesium in standard portion (mg) ¹
Pumpkin/squash seed kernels, roasted	1 ounce	163	156
Brazil nuts, dried	1 ounce	186	107
Oat bran muffin	1 small	178	104
Halibut, cooked	3 ounces	119	91
Bran ready-to-eat cereal (100%)	1/3 cup (~1 ounce)	81	112
Spinach, cooked from fresh, frozen, or canned	½ cup	21-32	78-81
Almonds	1 ounce	163	76
Cashews, dry roasted	1 ounce	163	74
Soybeans, mature, cooked	½ cup	149	74
Pine nuts, dried	1 ounce	191	71
White beans, canned	½ cup	149	67
Mixed nuts with peanuts, dry roasted	1 ounce	168	64
Pollock, walleye, cooked	3 ounces	96	62
Soymilk	1 cup	131	61
Black beans, cooked	½ cup	114	60
Soybeans, green, cooked	½ cup	127	54
Tuna, yellowfin, cooked	3 ounces	118	54
Peanuts, dry roasted	1 ounce	166	50
Lima beans, cooked	½ cup	94	50
Flatfish (flounder and sole), cooked	3 ounces	99	49
Beet greens, cooked from fresh	½ cup	19	49
Navy beans, cooked	½ cup	127	48
Tofu, firm, nigari	½ cup	88	47
Okra, cooked from frozen	½ cup	26	47
Cowpeas, cooked	½ cup	100	46
Hazelnuts	1 ounce	178	46
English walnuts	1 ounce	185	45
Great northern beans, cooked	½ cup	104	44
Oat bran, cooked	½ cup	44	44
Plain yogurt, nonfat	8 ounce container	127	43
Buckwheat groats, roasted, cooked	½ cup	77	43
Brown rice, cooked	½ cup	109	43
Pinto beans, cooked	½ cup	122	43
Haddock, cooked	3 ounces	95	42

¹Source: US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>.

Report of the DGAC on the Dietary Guidelines for Americans