

## Magnesium

Magnesium is a nutrient that your body needs on a daily basis. It helps regulate normal muscle and nerve function, blood sugar levels, and blood pressure. Magnesium also helps your body make protein, bone, and DNA. Some medicines or excessive vomiting or diarrhea can lower the amount of magnesium in your body. If you have a low magnesium level, try to add foods to your diet that are high in magnesium. Below is a list of foods that are high in magnesium. The foods with the highest magnesium content are listed first on the following chart:

Food	Serving size	Milligrams (mg) per serving
Almonds, dry roasted	1 ounce	80
Spinach, boiled	½ cup	78
Cashews, dry roasted	1 ounce	74
Peanuts, oil roasted	¼ cup	63
Cereal, shredded wheat	2 large biscuits	61
Soymilk, plain or vanilla	1 cup	61
Black beans, cooked	½ cup	60
Edamame, shelled, cooked	½ cup	50
Peanut butter, smooth	2 tablespoons	49
Bread, whole wheat	2 slices	46
Avocado, cubed	1 cup	44
Potato, baked with skin	3.5 ounces	43
Rice, brown, cooked	½ cup	42
Yogurt, plain, low fat	8 ounces	42
Breakfast cereals, fortified with 10% of DV for magnesium	Serving size stated on package	40
Oatmeal, instant	1 packet	36
Kidney beans, canned	½ cup	35
Banana	1 medium	32
Salmon, Atlantic, farmed	3 ounces	26
Milk	1 cup	24–27
Halibut, cooked	3 ounces	24
Raisins	½ cup	23
Chicken breast, roasted	3 ounces	22
Beef, ground, 90% lean, pan broiled	3 ounces	20
Broccoli, chopped and cooked	½ cup	12
Rice, white, cooked	½ cup	10
Apple	1 medium	9
Carrot, raw	1 medium	7

**If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.**