



Patient & Family Guide

2024

Food Sources of Magnesium



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Food Sources of Magnesium

- Magnesium is a mineral found in your body.
- Your body needs magnesium to keep your bones, muscles, and nervous system healthy. Magnesium can also help keep your blood pressure under control.

How much magnesium do I need each day?

Women 19 to 30 years old	310 mg
Women over 30 years old	320 mg
While pregnant	350 mg
While breastfeeding/chest feeding	310 mg
Men 19 to 30 years old	400 mg
Men over 30 years old	420 mg

- If you take a supplement, **do not** have more than 350 mg a day of magnesium. Magnesium supplements may cause diarrhea (loose, watery poop).
- It is OK to have more than your daily magnesium amount from food and water.

Foods high in magnesium

- The best sources of magnesium are:
 - › Legumes
 - › Fish
 - › Nuts
 - › Whole grains
 - › Seeds
- The foods listed in this pamphlet have 40 mg or more in each serving.

- If your magnesium levels are low, choose foods from the lists in this pamphlet.
- If your magnesium levels are high, limit foods from the lists in this pamphlet.

Vegetables

- › Artichoke hearts
- › Beet greens
- › Kelp, seaweed
- › Okra
- › Potato
(baked with skin)
- › Spinach (cooked)
- › Squash, winter or acorn
- › Sundried tomatoes
- › Swiss chard

Grains

- › Amaranth
(ancient grain)
- › Bran cereal
- › Brown rice
- › Buckwheat
- › Oat bran
- › Quinoa
- › Wheat germ cereal
(toasted)
- › Instant oatmeal

Fish

- › Crab, Atlantic snow
(cooked)
- › Halibut
- › Haddock
- › Mackerel
- › Pollock
- › Salmon
- › Tuna

Pulses

- › Baked beans with
pork, canned
- › Black beans
- › Chickpeas
(including hummus)
- › Edamame
(soy beans)
- › Kidney beans
- › Lima beans
- › Navy beans

- › Soy-based products
- › Soy cheese
- › Soy nuts
- › Soy yogurt
- › Split peas and lentils
- › Tempeh
- › Tofu made with magnesium chloride or calcium sulfate (check the label)
- › White beans

Nuts and seeds (and their butters)

- › Almonds
- › Brazil nuts
- › Cashews
- › Peanuts
- › Pine nuts
- › Flax seeds
- › Pumpkin seeds
- › Sesame seeds
- › Sunflower seeds
- › Trail mix

Other foods

- › Molasses
- › Yeast extract spread (Marmite™ or Vegemite)

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Nutrition and Food Services
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