

Food Sources of Magnesium

- › Soy-based products › Tofu made with magnesium chloride or calcium sulfate (check the label)
 - › Soy cheese
 - › Soy nuts
 - › Soy yogurt › White beans
 - › Split peas and lentils
 - › Tempeh
- Nuts and seeds (and their butters)**
- › Almonds › Pine nuts › Sesame seeds
 - › Brazil nuts › Flax seeds
 - › Cashews › Pumpkin seeds › Sunflower seeds
 - › Peanuts › 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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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
 - > Nuts
 - > Seeds
 - > Fish
 - > Whole grains
- 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