

High Magnesium Foods

Food	Serving (Imperial)	Serving (Metric)	Magnesium Amount (mg)	% RDA (DV)
Almonds, dry roasted	1 oz	28 g	80	19%
Spinach, boiled	1/2 cup	90 g	78	19%
Cashews, dry roasted	1 oz	28 g	74	18%
Peanuts, dry roasted	1 oz	28 g	63	15%
Black beans	1/2 cup	90 g	60	14%
Peanut butter	2 tbsp	33 g	49	12%
Bread, whole wheat	2 slices	40 g	46	11%
Avocado	1 cup	200 g	44	10%
Rice, brown, cooked	1/2 cup	100 g	42	10%
Yogurt, plain	8 oz	225 g	42	10%
Oatmeal, cooked	1 cup	225 g	36	9%
Banana	1 medium	110 g	32	8%

Adult U.S.RDA (Recommend Dietary Allowance)

420 mg Male

320 mg Female