

Magnesium Rich Foods



Pumpkin Seeds
150 mg/ounce



Almonds
80 mg/ounce



Cashews
72 mg/ounce



Black Beans
60 mg/0.5 cups



Quinoa
60 mg/0.5 cups



Spinach
78 mg/0.5 cups



Salmon
30 mg/3.5 ounces



Banana
37 mg/banana



Avocado
58 mg/avocado



Dark Chocolate
64 mg/ounce



Yogurt
42 mg/cup



Tofu
35 mg/3.5 ounces