

Top 10 Foods Highest in Magnesium

420mg of Magnesium = 100% of the Daily Value (%DV)

1 Spinach



37% DV (157mg)
per cup cooked

41 calories

2 Squash and Pumpkin Seeds



37% DV (156mg)
per 1oz handful

163 calories

3 Lima Beans



30% DV (126mg)
per cup cooked

209 calories

4 Tuna



26% DV (109mg)
per 6oz fillet

313 calories

5 Brown Rice



20% DV (86mg)
per cup

218 calories

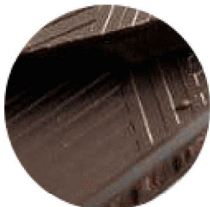
6 Almonds



18% DV (77mg)
per 1oz handful

164 calories

7 Dark Chocolate (85% Cocoa)



15% DV (65mg)
per 1oz square

170 calories

8 Avocados



14% DV (58mg)
per avocado

322 calories

9 Non-Fat Yogurt



11% DV (47mg)
per cup

137 calories

10 Bananas



10% DV (41mg)
per cup sliced

134 calories