



Food Sources: Magnesium

Magnesium is an essential mineral that the body needs for hundreds of processes. It's found naturally in many foods and is also available in supplement form. Rich dietary sources include nuts, seeds, legumes, whole grains, and leafy green vegetables. Smaller amounts can also be obtained from fish, meat, and dairy products.

Magnesium is involved in energy production, maintaining healthy blood pressure and blood sugar balance, supporting strong bones, regulating mood, and aiding digestion. Despite its importance, nearly half of U.S. adults consume less than the recommended daily amount, making magnesium inadequacy very common. Because there are many different supplemental forms of magnesium—each with slightly different effects—it's best to consult a functional medicine provider for personalized dosing and recommendations.

Recommended Dietary Allowances (RDA) for Magnesium:

(varies by age and sex; general adult needs are around 310–420 mg/day)

Magnesium Content in Foods (per serving):

- Pumpkin seeds (roasted, shelled), $\frac{1}{4}$ cup: 162 mg
- Amaranth grain, cooked, 1 cup: 160 mg
- Brazil nuts, 1 oz (~6 nuts): 107 mg
- Almonds, dry roasted, 1 oz (~23 nuts): 80 mg
- Spinach, boiled, $\frac{1}{2}$ cup: 78 mg
- Swiss chard, boiled, $\frac{1}{2}$ cup: 75 mg
- Cashews, dry roasted, 1 oz (~16 nuts): 74 mg
- Peanuts, oil roasted, $\frac{1}{4}$ cup: 63 mg
- Shredded wheat cereal, 2 large biscuits: 61 mg
- Black beans, cooked, $\frac{1}{2}$ cup: 60 mg
- Edamame, cooked and shelled, $\frac{1}{2}$ cup: 50 mg

- Blackstrap molasses, 1 Tbsp: 48 mg
- Hazelnuts, 1 oz (~21 nuts): 46 mg
- Avocado, cubed, 1 cup: 44 mg
- Brown rice, cooked, ½ cup: 42 mg
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