

Magnesium

Fact Sheet

Magnesium is a mineral that is fairly abundant in the body. It is stored in bones, muscles, cells, and the fluid that surrounds the cells. This important mineral has many roles in the body.

Magnesium in the body can be depleted by stress, exercise, and alcohol. These factors make it difficult to get sufficient amounts of this mineral.

How much do you need?

Age	Recommended Dietary Allowance (mg)	
	Female	Male
1-3 years	80	80
4-8 years	130	130
9-13 years	240	240
14-18 years	360	410
19-30 years	310	400
31+ years	320	420
Upper Limit	350	350

How much is that in terms of food?

Food	Serving Size	Magnesium (mg)
Meat and Poultry		
Turkey, breast	2 ½ oz (75g)	18
Chicken, breast	2 ½ oz (75g)	25
Fish and Shellfish		
Mollusks, snails, raw	3 oz (90g)	225
Salmon, chinook (spring), baked or broiled	2 ½ oz (75g)	92
Meat Alternatives		
Soybean, dry roasted	¾ cup (175ml)	191
Tofu, regular, medium firm	½ cup (125g)	342
Black eye peas, boiled	¾ cup (175ml)	121
Pumpkin seeds, roasted	¼ cup (60ml)	317
Pumpkin seed butter	2 tbsp	195
Brazilnut, dried unbalanced	¼ cup (60ml)	133
Sesame seeds, whole, dried	¼ cup (60ml)	128
Almonds, roasted	¼ cup (60ml)	109
Cashew nuts	¼ cup (60ml)	96
Sunflower seed butter	2 tbsp (30ml)	120
Sesame seed butter	2 tbsp (30ml)	117
Almond butter, plain, boiled	2 tbsp (30ml)	98
Black beans	¾ cup (175ml)	89
Eggs	2 eggs	10
Flaxseed	60ml	156

Food	Serving Size	Magnesium (mg)
Grains		
All Bran Buds	¼ cup (60ml)	111
Homemade bran muffin (made with wheat bran)	1 muffin	79
Amaranth, cooked	½ cup (125ml)	91
Spelt, cooked	½ cup (125ml)	50
Quiona, cooked	½ cup (125ml)	47
Spaghetti, enriched	½ cup (125ml)	46
Vegetables and Fruit		
Kale, raw	1 cup (250mL)	62
Swiss Chad, cooked	½ cup (125ml)	80
Spinach, cooked	½ cup (125ml)	83
Artichoke	1 medium	77
Green beans	¾ cup (175ml)	75
Corn on the cob	1 Ear	38
Milk and Dairy Products		
Milk, fluid, partly skimmed 1%	1 cup (250ml)	36
Soy milk, fortified	1 cup (250ml)	40
Cheese, Cheddar	1 ½ oz (50g)	27
Yogurt, plain 2%	¾ cup (175g)	31
Kefir	¾ cup (175ml)	19
Cottage cheese	½ cup (125ml)	19



How to get your daily total:

Option 1	
¾ dried soy beans	191
2 tbsp pumpkin seed butter	195
¼ cup mixed nuts	90
Total = 476 mg	

Option 2	
1 medium Bran Muffin	79
2 tbsp roasted pumpkin seeds	317
¾ cup green beans	75
Total = 471 mg	

Option 3	
½ cup tofu	342
1 cup sautéed Swiss chard	160
Total = 502 mg	