

FOOD SOURCES: MAGNESIUM

Magnesium is a mineral found naturally in food and available as a supplement. Magnesium can be found in nuts, seeds, legumes, whole grains, and green leafy vegetables. Smaller amounts are found in some meats, fish and dairy.

Magnesium is used widely throughout the body. It supports energy production, blood pressure, blood sugar metabolism, bone health, mood, digestive regularity, and much more. Magnesium inadequacy is very common, with almost half of adults in the US getting less than the RDA. Please talk to your Functional Medicine provider for guidance on dosing and which form of magnesium is best for your health goals.

The Recommended Dietary Allowances (RDA) for magnesium is as follows:

- **Females (non-lactating, lactating), ages 19-30:** 310 mg per day
- **Females (non-lactating, lactating), ages 31+:** 320 mg per day
- **Females (pregnant), ages 19-30:** 350 mg per day
- **Females (pregnant), ages 31-50:** 360 mg per day
- **Males, ages 19-30:** 400 mg per day
- **Males, ages 31+:** 420 mg per day

Food, Standard Serving Size	Average Magnesium Content (mg)
Pumpkin seed kernels (shelled, roasted), ¼ cup	162
Amaranth grain (cooked), 1 cup	160
Brazil nuts (dried, unblanched), 1 ounce/~6 nuts	107
Almonds (dry roasted), 1 ounce/~23 almonds	80
Spinach (boiled), ½ cup	78
Swiss chard (boiled), ½ cup	75
Cashews (dry roasted), 1 ounce/~16 cashews	74
Peanuts (oil roasted), ¼ cup	63
Cereal (shredded wheat), 2 lg biscuits	61
Black beans (cooked), ½ cup	60
Edamame (shelled, cooked), ½ cup	50
Molasses, 1 Tbsp	48
Hazelnuts/Filberts, 1 ounce/~21 hazelnuts	46
Avocado (cubed), 1 cup	44
Brown rice (cooked), ½ cup	43

References

1. U.S. Department of Health and Human Services, National Institutes of Health, Office of Dietary Supplements. Magnesium. <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional>. Updated March 24, 2020. Accessed August 12, 2020.
2. U.S. Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy Version. Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>. Accessed January 14, 2019.
3. Oregon State University, Linus Pauling Institute, Micronutrient Information Center. Magnesium. <http://lpi.oregonstate.edu/mic/minerals/magnesium>. Updated November 2018. Accessed August 12, 2020..