



**Magnesium-rich Foods And  
Why You Need Them**

You may have a low level of magnesium in your diet that is preventing you from reaping important health benefits

Magnesium (Mg) is considered a healthy mineral essential to your body, but it is estimated that 75% of Americans and people around the world are well below the recommended daily intake of Mg. Luckily, there is an easy fix, since magnesium is bountiful in many foods.

Bright leafy greens/veggies (magnesium gives them that rich green color) top the magnesium-dense list including spinach, chard, broccoli and kale, followed closely by legumes such as lima beans, black beans, peas and edamame (soybean). When it comes to snacks, seeds (pumpkin and flax), nuts (almonds, cashews, peanut butter) and dark chocolate pack a high magnesium punch.

Healthy omega-3 fats and magnesium are also abundant in salmon, tuna and avocado. Whole grains such as quinoa, brown rice, oatmeal, buckwheat and even wild rice (technically a grass) are filled with magnesium.

<b>Foods Rich in Magnesium</b>	<b>Portions</b>	<b>Magnesium (100% Daily Value = 420 mg)</b>
Spinach	1 cup cooked	157 mg (37%)
Chard	1 cup	157 mg (37%)
Seeds (Pumpkin and Squash)	1 ounce	156 mg (37%)
Lima Beans	1 cup cooked	126 mg (30%)
Black Beans	1 cup cooked	120 mg (29%)
Quinoa	1 cup	118 mg (28%)
Tuna	6 oz fillet (high in mercury)	109 mg (26%)
Almonds	¼ cup	105 mg (25%)
Cashews	¼ cup	90 mg (21%)
Brown Rice	1 cup	86 mg (20%)
Buckwheat	1 cup or 1 ounce dry	65 mg (15%)
Dark Chocolate	1 ounce square (70% cocoa)	64 mg (15%)
Oatmeal	1 cup	60 mg (14%)
Avocado	medium	58 mg (14%)
Salmon	½ fillet (178 grams)	53 mg (13%)
Wild Rice	1 cup	52 mg (12%)
Edamame (Soybean)	½ cup	50 mg (12%)
Broccoli	½ cup (don't overcook)	50 mg (12%)
Figs	½ cup	50 mg (12%)
Peas	1 cup cooked	50 mg (12%)
Peanut Butter	2 Tablespoons	49 mg (12%)
Yogurt	1 cup	47 mg (11%)
Flaxseed Oil or Flaxseed	1 Tbsp or ½ Tbsp	42 mg (10%)
Banana	1 cup sliced	41 mg (10%)
Kale	1 cup (raw)	37 mg (8%)

***Farming Secrets says: Magnesium Is More Readily Absorbed If Your Source It Through Your Foods***

Ref: <https://www.nexusnewsfeed.com/article/home-family-pets/magnesium-rich-foods-and-why-you-need-them/>