

## Food Sources of Magnesium

Magnesium is critical to many cellular functions, including energy production, protein formation, and cellular replication. Magnesium participates in over 300 enzymatic reactions in the body and is required for the activation of the sodium and potassium pump that pumps sodium out of and potassium into the cells. A magnesium deficiency results in decreased intracellular potassium and cell function is greatly disrupted. Calcium can not enter bones without magnesium. **Although Americans eat enough calcium they still have weaker bones than rural cultures where they eat less calcium but more magnesium-rich foods.** Magnesium is helpful for a variety of symptoms and conditions such as muscle spasms, irritability, sleep disorders, PMS/menstrual cramps, anxiety/depression, cardiovascular disease, asthma, fatigue, diabetes, osteoporosis, migraines and high blood pressure.

### Food Sources High in Magnesium

Dark leafy green vegetables

Legumes

Nuts and seeds: almonds, pumpkin seeds, sunflower seeds, etc.

Tofu

Seaweeds: kelp, spirulina, wakame, hijiki, etc.

Whole grains

### Magnesium Content of Foods (in milligrams)

Source	Amount	Content (mg)
Soybeans	½ cup	280
Black-eyed peas	½ cup	200
Millet	½ cup	185
White beans	½ cup	175
Lima beans	½ cup	160
Red beans	½ cup	150
Wheat bran/germ	½ cup	140
Barley	½ cup	140
Tofu	½ cup	130
Beet greens	¼ lb.	120
Spinach	¼ lb.	100
Soy flour	½ cup	85
Lentils	½ cup	75
Cashews	14	75
Swiss chard	¼ lb.	75
Cornmeal	½ cup	65
Collard greens	¼ lb.	65

Source	Amount	Content (mg)
Brown rice	½ cup	60
Oats	1 cup	50
Potato	1 large	50
Peas	1 cup	50
Brussel sprouts	¼ lb.	45
Almonds	15	40
Beets	2 medium	30
Sesame seeds	2 tablespoons	30
Broccoli	1 stalk	25
Cauliflower	1 cup	25
Corn	1 ear	25
Carrot	1 medium	20
Onion	1 medium	20
Asparagus	5 spears	20
Mushrooms	4 large	15
Tomato	1 medium	15
Green pepper	1 medium	15

Reference:

Murray, Michael ND, [Encyclopedia of Nutritional Supplements](#).

Pitchford, Paul, [Healing with Whole Foods](#).