

## Foods High in Magnesium

Magnesium is a mineral found in foods. It is important to include magnesium in your diet for your muscles and nerves to work well. It can also help to control your blood pressure and blood sugar levels.

Many foods high in magnesium are also high in fibre. Choose foods lower in fibre if you have diarrhea or loose, frequent bowel movements.

<p><b><u>Nuts &amp; Seeds*</u></b></p> <ul style="list-style-type: none"> <li>Almond butter</li> <li>Almonds</li> <li>Brazil nuts</li> <li>Cashews</li> <li>Chia seeds</li> <li>Flax seeds</li> <li>Hazelnuts</li> <li>Hemp hearts</li> <li>Mixed nuts</li> <li>Peanut butter</li> <li>Peanuts</li> <li>Pine nuts</li> <li>Pumpkin seeds</li> <li>Sesame seeds</li> <li>Sunflower seeds</li> <li>Tahini</li> <li>Walnuts</li> </ul>	<p><b><u>Grains*</u></b></p> <ul style="list-style-type: none"> <li>Bran cereal</li> <li>Bran muffin</li> <li>Brown rice</li> <li>Buckwheat</li> <li>Oat bran</li> <li>Oatmeal</li> <li>Quinoa</li> <li>Wheat bran</li> <li>Wheat germ</li> <li>Whole grain bread</li> <li>Whole grain cereals</li> <li>Wild rice</li> </ul>	<p><b><u>Beans &amp; Lentils*</u></b></p> <ul style="list-style-type: none"> <li>Adzuki beans</li> <li>Baked beans</li> <li>Black beans</li> <li>Chickpeas</li> <li>Edamame beans</li> <li>Fava beans</li> <li>Kidney beans</li> <li>Lentils</li> <li>Lima beans</li> <li>Navy beans</li> <li>Refried beans</li> <li>Soybeans</li> <li>Split peas</li> <li>White beans</li> </ul>
<p><b><u>Fish &amp; Seafood</u></b></p> <ul style="list-style-type: none"> <li>Cod</li> <li>Crab</li> <li>Haddock</li> <li>Mackerel</li> <li>Pollock</li> <li>Salmon</li> <li>Scallops</li> <li>Tuna</li> <li>Whitefish</li> </ul>	<p><b><u>Vegetables &amp; Fruits*</u></b></p> <ul style="list-style-type: none"> <li>Artichoke hearts</li> <li>Baked potato (with skin)</li> <li>Beet greens</li> <li>Bitter melon</li> <li>Daikon</li> <li>Kale</li> <li>Prickly pear</li> <li>Spinach</li> <li>Swiss chard</li> <li>Turnip</li> <li>Winter squash</li> <li>Yellow beans</li> </ul>	<p><b><u>Other</u></b></p> <ul style="list-style-type: none"> <li>Chocolate milk</li> <li>Coconut milk</li> <li>Dark chocolate</li> <li>Dried seaweed*</li> <li>Eggnog</li> <li>Espresso</li> <li>Falafel*</li> <li>Molasses</li> <li>Popcorn*</li> <li>Soy cheese</li> <li>Soy milk</li> <li>Soy yogurt</li> <li>Tofu</li> </ul>

\*These foods can be high in fibre

Last reviewed: May 2021