Magnesium Rich Foods
NUTRITION TIPS TO BOOST MAGNESIUM INTAKE

Magnesium

What is it?
Essential mineral & electrolyte
Can be depleted with diarrhea, certain cancer treatments

Benefits
Supports energy, metabolism, nervous & cardiovascular system
Helps promote sleep & reduce stress, headaches & constipation

Tips & Tricks

Excellent Food Sources
Pumpkin seeds, chia seeds, almonds, cooked spinach, cashews, dark chocolate, blackstrap molasses, shredded wheat cereal, soymilk, black beans, edamame, peanut butter, baked potato

Good Food Sources
Brown rice, plain yogurt, fortified breakfast cereals, oatmeal, kidney beans, banana, salmon, milk, halibut, raisins, whole wheat bread, avocado, chicken, broccoli, lean red meat

Daily Needs
Men over 30: 420 mg/day
Women over 30: 320 mg/day
Men under 30: 400 mg/day
Women under 30: 310 mg/day

*these needs may be higher due to certain conditions or cancer treatments

Supplements
Your doctor or dietitian may suggest magnesium supplements
Best taken at night to help sleep
In high doses may cause diarrhea

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS