

# Foods highest in

# Magnesium

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

**500 mg**

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Swiss chard	85%	2849	18.6	526	All-Bran Original	28%	1025	1.4	38
Purslane	85%	855	22.0	625	Parsley	28%	2925	9.8	278
Swamp cabbage	75%	1506	18.6	526	Savory	28%	450	1.3	37
Spinach	69%	2601	15.3	435	Sage	27%	554	1.1	32
Beet greens	64%	1964	16.0	455	Chicory greens	26%	1726	15.3	435
Toasted Wheat Bran	61%	819	1.8	50	Dill weed	26%	1166	8.2	233
Basil	60%	1751	13.1	370	Marjoram, dried	26%	659	1.3	37
Coffee, brewed	60%	1132	352.7	10000	Artichokes	26%	293	7.5	213
Spinach, canned	59%	1280	18.6	526	Mustard greens	25%	2403	13.6	385
Balsam-pear (bitter gourd)	57%	1072	11.8	333	Garden cress	24%	1639	11.0	313
Wheat bran, crude	57%	677	1.6	46	Taragon, dried	24%	434	1.2	34
Seaweed, kelp	56%	429	8.2	233	Sprouted alfalfa seeds	23%	496	15.3	435
Seaweed, agar	52%	359	13.6	385	Peppermint, fresh	23%	556	5.0	143
Coffee, instant, decaf	50%	351	176.4	5000	Coriander (cilantro) leaves	23%	1762	15.3	435
Coriander leaf, dried	50%	913	1.3	36	Celery seeds	22%	307	0.9	26
Rice bran	49%	600	1.1	32	Fennel seed	22%	321	1.0	29
Seaweed, wakame	48%	562	7.8	222	Coriander seed	22%	242	1.2	34
Spearmint, dried	42%	762	1.2	35	Zucchini	21%	553	22.0	625
Watercress	38%	2843	32.1	909	Summer squash	21%	546	22.0	625
Arugula	38%	825	14.1	400	Sprouted radish seeds	20%	355	8.2	233
Okra	37%	671	11.4	323	Pumpkin/squash seeds	20%	187	0.7	19
Dill weed, dried	36%	458	1.4	40	Grape leaves	20%	998	3.8	108
All-Bran with fiber	35%	1098	1.8	52	Boston lettuce	20%	1299	27.1	769
Cocoa, dry powder	35%	212	1.2	33	Broccoli raab	20%	1267	16.0	455
Dried basil	34%	866	1.4	40	Cumin seed	20%	279	0.9	27
Thyme, fresh	32%	695	3.5	99	Turnip greens	19%	1791	11.0	313
Sprouted navy beans	30%	360	5.3	149	POST 100% BRAN	19%	320	1.2	35
Coffee, instant, regular	30%	232	176.4	5000	Oat bran	19%	330	1.4	41
Chinese cabbage (bok choy)	29%	1749	27.1	769	Watermelon seeds, dried	18%	120	0.6	18
Capers, canned	29%	-147	15.3	435	Parsley, dried	18%	903	1.3	36
Spearmint, fresh	29%	838	8.0	227	Broccoli stalks	18%	764	12.6	357
Sprouted navy beans, cooked	28%	320	4.5	128	Endive	18%	1482	20.7	588
Chives	28%	1205	11.8	333	Oegano, dried	18%	519	1.2	33

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Green leaf lettuce	17%	1957	23.5	667	Kale	14%	1747	7.1	200
Cucumber	17%	264	23.5	667	Pumpkin, canned	14%	1139	10.4	294
Sprouted pinto beans	17%	334	5.7	161	Buckwheat	13%	131	1.0	29
Saffron	17%	531	1.1	32	Soybeans	13%	264	0.8	24
Dill seed	17%	250	1.2	33	Sprouted mung beans, cooked	13%	397	16.8	476
Toasted wheat germ	17%	521	0.9	26	Fiber One	13%	519	1.8	50
Molasses	17%	64	1.2	34	Rosemary, dried	13%	274	1.1	30
Romaine lettuce	16%	1566	20.7	588	Wheat germ, crude	13%	416	1.0	28
All-Bran Buds	16%	874	1.4	40	Baking chocolate	13%	144	0.7	20
Sprouted pinto beans, cooked	16%	299	16.0	455	Tomatoes, canned	13%	296	20.7	588
Cloves	16%	581	1.1	31	Tomato juice	13%	401	20.7	588
Green beans	16%	393	11.4	323	Yellow beans	13%	211	1.0	29
Dandelion greens	16%	849	7.8	222	Paprika	13%	763	1.2	35
Thyme, dried	16%	869	1.3	36	Rutabagas	13%	251	9.8	278
Lambquarters, raw	16%	1219	8.2	233	Scallops	13%	316	4.0	114
Gourd	16%	300	25.2	714	Mustard seed	13%	222	0.8	21
Curry powder	16%	323	1.1	31	Lotus seeds, dried	13%	156	1.1	30
Caraway seeds	15%	254	1.1	30	Lotus seeds raw	13%	156	4.0	112
Black pepper	15%	316	1.4	39	Radishes	13%	356	22.0	625
Halibut	15%	389	3.2	91	Crushed tomatoes, canned	13%	310	11.0	313
Sun-dried tomatoes	15%	211	1.4	39	Tomatillos	13%	212	11.0	313
Red leaf lettuce	15%	1603	22.0	625	Sunflower seed kernels	12%	220	0.6	18
Sprouted soybeans, cooked	15%	296	4.4	123	Poppy seed	12%	192	0.7	19
Cardamom	15%	525	1.1	32	Broccoli	12%	748	10.4	294
Flaxseeds	15%	158	0.7	19	Sesame seeds	12%	180	0.6	17
Yellow mustard	15%	298	5.3	149	Tomatoes, ripe	12%	416	19.6	556
Seaweed, spirulina	15%	596	13.6	385	Cauliflower	12%	566	14.1	400
Poultry seasoning	15%	392	1.1	33	Lemons, with peel	12%	716	17.6	500
Pollock	15%	441	3.8	109	Sprouted soybeans	12%	271	2.9	82
Ling	14%	361	4.1	115	Pumpkin and squash seeds	12%	98	0.8	22
Sprouted kidney beans	14%	610	12.2	345	Eggplant	12%	279	14.7	417
Kohlrabi	14%	510	13.1	370	Tofu, extra firm	12%	261	3.9	110
Sprouted mung beans	14%	395	11.8	333	Oat bran muffins	12%	138	1.3	37
Sprouted kidney beans, cooked	14%	545	10.7	303	Chili peppers	12%	693	8.8	250
Rosemary, fresh	14%	281	2.7	76	Brazilnuts, dried	11%	507	0.5	15
Oysters	14%	2266	5.2	147	Podded peas	11%	492	8.4	238
Celery	14%	422	22.0	625	Rhubarb	11%	325	16.8	476
Sauerkraut, canned	14%	269	18.6	526	Cowpeas (blackeyes)	11%	223	3.9	111

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Fava beans	11%	218	1.0	29	Red bell peppers	9%	1071	13.6	385
Acerola West Indian cherry	11%	5971	11.0	313	Pumpkin	9%	857	13.6	385
Horseradish	11%	148	7.3	208	Leeks	9%	274	5.8	164
Quinoa	11%	128	0.9	27	Oats	9%	165	0.9	26
Asparagus	11%	586	14.1	400	Cashew nuts, roasted	9%	110	0.6	17
Great northern beans	11%	218	1.0	29	Tofu	9%	98	3.0	86
Fennel bulbs	11%	254	11.4	323	Haddock	9%	365	3.1	89
Ground tumeric	11%	284	1.0	28	Shiitake mushrooms	9%	356	1.2	34
Mung beans	11%	218	1.0	29	Soybeans, green	9%	239	2.4	68
White beans	11%	214	1.0	30	Complete Wheat Bran	9%	1194	1.1	31
Chili powder	11%	497	1.1	32	Sprouted peas	9%	180	2.8	78
Ginger root	11%	108	4.4	125	Sweet yellow corn	9%	139	4.1	116
Brussels sprouts	11%	692	8.2	233	Complete Oat Bran Flakes	9%	1118	1.0	29
Beets	11%	205	8.2	233	Hummus	9%	113	2.1	60
Pink beans	11%	206	1.0	29	Tofu yogurt	9%	69	3.8	106
Ground ginger	11%	490	1.0	29	Durum wheat	8%	177	1.0	29
Tofu, firm	11%	277	5.0	143	Raspberries	8%	234	6.8	192
Cashew nuts, raw	11%	128	0.6	18	Portabella mushrooms	8%	593	13.6	385
Navy beans	10%	218	1.0	29	Kidney beans	8%	217	1.1	30
Oyster mushrooms	10%	429	10.1	286	Tempeh	8%	186	1.8	52
Allspice	10%	178	1.3	38	Mulberries	8%	188	8.2	233
Lima beans	10%	252	3.1	88	Sprouted peas, cooked	8%	160	3.6	102
Tomato paste	10%	243	4.3	122	Farm-raised crayfish	8%	383	4.9	139
Pinto beans	10%	206	1.0	29	Whey, acid	8%	147	14.7	417
Anise seed	10%	222	1.0	30	Sprouted wheat	8%	171	1.8	51
Black beans	10%	198	1.0	29	Striped bass	8%	436	3.6	103
Iceberg lettuce	10%	410	25.2	714	White mushrooms	8%	629	16.0	455
Green bell peppers	10%	738	17.6	500	Peas	8%	285	4.4	123
Whey, sweet, dried	10%	122	1.0	28	Strawberries	8%	359	11.0	313
Wild rice	10%	128	1.0	28	Cod fish	8%	343	3.4	95
Raisin Bran Cereal	10%	325	1.1	32	Mussels	8%	777	4.1	116
Soy milk	10%	274	6.8	192	Shredded wheat	8%	136	1.0	30
Cabbage	10%	497	14.1	400	Turnips	8%	231	12.6	357
Bulgur	10%	137	1.0	29	Crab	8%	590	4.1	115
Red/cayenne pepper	10%	541	1.1	31	Fortified skim milk	8%	263	8.6	244
Almonds	10%	154	0.6	17	Butternuts, dried	8%	137	0.6	16
Cranberry beans	9%	224	1.1	30	Spaghetti squash	8%	137	11.4	323
Blackberries	9%	285	8.2	233	Parsnips	8%	190	4.7	133

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Brown rice	8%	125	1.0	27	Boston brown bread, canned	6%	91	1.8	51
Adzuki beans	8%	216	1.1	30	Japanese chestnuts, dried	6%	158	1.0	28
Bay leaf spice	8%	368	1.1	32	Lemon peel	6%	479	7.5	213
Barley	8%	143	1.0	28	Japanese chestnuts	6%	158	2.3	65
Chinese chestnuts, raw	8%	123	1.6	45	Chickpeas (garbanzo)	6%	194	1.0	27
Pine nuts, dried	7%	141	0.5	15	Anchovies	6%	450	2.7	76
Popcorn, air-popped	7%	91	0.9	26	Grapefruit juice	6%	187	9.0	256
Pinyon nuts, dried	7%	103	0.6	16	White pepper	6%	171	1.2	34
Atlantic mackerel	7%	450	1.7	49	Non-fat dry milk w vit A	6%	218	1.0	28
Baby oatmeal, dry	7%	268	0.9	25	Bananas	6%	82	4.0	112
Enoki mushrooms	7%	270	8.0	227	Plantains	6%	77	2.9	82
Cheerios	7%	368	1.0	27	Millet	6%	107	0.9	26
Wheatena	7%	130	6.3	179	Corn flour, enriched	6%	145	1.0	27
Dolphinfish	7%	377	4.1	118	Lobster	6%	417	3.9	111
Cantaloupe	7%	395	10.4	294	Collards	6%	1611	11.8	333
Northern pike	7%	365	4.0	114	Puffed millet	6%	60	1.0	28
Onion powder	7%	86	1.0	29	Hot cocoa, homemade	6%	107	4.6	130
Shrimp	7%	382	3.3	94	Potatoes with skin	6%	146	4.6	130
Sprouted lentils	7%	231	3.3	94	Smart Start Soy Protein	6%	541	1.0	27
Ground nutmeg	7%	44	0.7	19	Whey, sweet	6%	107	13.1	370
Fresh tuna	7%	509	1.9	54	Peanuts	6%	142	0.6	18
Sprouted lentils, cooked	7%	222	3.5	99	Taro	6%	122	3.1	89
Lentils	7%	229	1.0	28	Carrots	6%	1011	8.6	244
MultiGrain Oatmeal	7%	121	1.1	30	Shallots	6%	176	4.9	139
Ground mace	7%	111	0.7	21	Tilefish	6%	396	3.7	104
Trail mix, regular	7%	92	0.8	22	Wheaties	6%	436	1.0	27
Flounder	7%	386	3.9	110	Sweet potato	6%	436	4.1	116
Yogurt, fat free	7%	213	6.3	179	Hot dogs, fat free	6%	8	4.8	137
Rice cakes, brown rice	7%	115	0.9	26	Ensure plus	6%	116	2.5	71
Split peas	7%	192	1.0	29	Kumquats	6%	151	5.0	141
Grouper	7%	360	3.8	109	Salsify, (vegetable oyster)	6%	127	4.3	122
Italian (Crimini) mushrooms	7%	606	13.1	370	Kiwi	6%	287	5.8	164
Watermelon	7%	117	11.8	333	Grape-Nuts Cereal	6%	142	1.0	28
Beef broth,from cube	7%	-584	117.6	3333	Honeydew melons	6%	110	9.8	278
Whole-wheat bread	7%	147	1.4	40	Monkfish	6%	334	4.6	132
Perch	7%	380	3.9	110	Lemons	6%	318	12.2	345
Black walnuts, dried	7%	159	0.6	16	Potatoes, no skin	5%	113	3.8	108
Guavas	6%	526	5.2	147	Catfish	5%	316	3.4	95

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Bluefish	5%	421	2.8	81
Wheat	5%	121	1.0	29
Milk 1% with vitamin A	5%	206	8.4	238
Pimento, canned	5%	884	15.3	435
Hazelnuts or filberts	5%	162	0.6	16
Papayas	5%	318	9.0	256
Pork and beans, canned	5%	120	2.7	78
Wild rabbit	5%	236	3.1	88

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
-------------	-------------	--------------	-----------	------------