



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (7) Holistic Healthcare

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FOODS HIGH IN MAGNESIUM

The RDA of magnesium for men is 350 mg/day and for women, 300 mg/day.

FOOD	MAGNESIUM (MG)
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NUTS & SEEDS:



Almonds (1 C. raw)	386
Brazil Nuts (1 C. raw)	351
Cashews (1 C.).....	374
Filberts (1 C. raw)	313
Peanuts (1 C.).....	252
Pecans (1 C.)	142
Sesame Seeds (1 C.)	270
Black Walnuts (1 C.)	238

FISH:



Clams (9 small – fresh).....	63
Cod (½ lb.).....	63
Crab (½ lb. steamed)	77
Flounder (½ lb.).....	68
Haddock (½ lb.)	54
Herring (½ lb. fresh)	59
Oysters (½ lb. fresh)	73
Shrimp (½ lb. fresh).....	9



FRUITS:

Apricot (1 C. dried)..... 80.6
Avocado (1 average – raw)..... 90
Figs (5 med. Dried) 71
Mango (1 raw) 54
Peach (1 C. dried) 76.7
Prunes (1 C. cooked) 50
Raisins (1 C. packaged) 57.7
Raspberries (1 C. raw) 40.5



VEGETABLES:

Beet Greens (3.5 oz. raw) 106
Swiss Chard (3.5 oz. raw) 65
Collards (3 oz. raw) 57
Kohlrabi (1 C. raw) 55
Parsley (1 C. raw – chopped) 24.5
Peas (1 C. raw) 507
Spinach (1 C. raw) 44



GRAINS:

Barley (1 C. pearled)	71.4
Pumpernickel (1 slice)	23
Cornmeal – Whole Ground (1 C.)	125
AkmaK – Whole Wheat (4 pieces)	41
Buckwheat – Light (1 C.)	48
Rye Flour – Dark (1 C.)	147
Whole Wheat Flour (1 C.)	136
Millet – Whole Grain (1 C. dry)	369
Brown Rice (1 C. cooked)	45
Wheat Germ (1 C. raw)	336
Oatmeal (1 C. cooked)	50
Soy – Low Fat (1 C. stirred)	48



OTHERS:

Molasses, Blackstrap (1 Tbsp.)	51.6
Dry Skim Milk (1 C.)	80
Tofu (3.5 oz.)	111

Reference:

Kirschmann, John D. *Nutrition Almanac*. New York: McGraw-Hill, 2006.