



Magnesium Requirements

Magnesium is the fourth most abundant mineral in the body and is used by over 300 enzymes. Magnesium plays a key role in maintaining healthy muscles, nerves and bones. It is also involved with regulating blood sugar, promoting normal blood pressure, supporting the immune system, maintaining energy production, sleep and relaxing muscles.

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

AGE GROUPS	STANDARD DAILY ALLOWANCES
Child	80 – 130 mg
Adolescent	240 mg
Adult	♀ 310 – 360 mg / ♂ 400 – 420 mg
Pregnancy & Lactation	310 – 400 mg

Your optimal magnesium dosage is _____.

Food Sources of Magnesium

Fruits

- dates (77.00mg/cup)
- banana, medium size (32.00mg/each)
- blackberries (29.00mg/cup)
- raspberries (22.14mg/cup)
- watermelon (16.72mg/cup)
- strawberries (14.40mg/cup)

Vegetables (raw unless otherwise stated)

- spinach, boiled (156.60mg/cup)
- swiss chard, boiled (150.50mg/cup)
- kelp (sea vegetable) (96.80mg/cup)
- green peas, boiled (62.40mg/cup)
- summer squash, cooked (43.20mg/cup)
- beets, boiled (39.10mg/cup)
- broccoli, steamed (39.00mg/cup)
- turnip greens, cooked (31.68mg/cup)
- collard greens, boiled (32.30mg/cup)
- green beans, boiled (31.25mg/cup)
- brussel sprouts, boiled (31.20mg/cup)
- kale, boiled (23.40mg/cup)
- mustard greens, boiled (21.00mg/cup)
- tomato (19.80mg/cup)
- carrots (18.30mg/cup)
- asparagus, boiled (18.00mg/cup)
- fennel, raw (14.80mg/cup)
- celery (13.20mg/cup)
- eggplant, cooked (12.87mg/cup)
- cabbage, boiled (12.00mg/cup)
- cucumbers, with peel (11.44mg/cup)
- cauliflower, boiled (11.16mg/cup)

Food Sources of Magnesium

Nuts & Seeds (raw unless otherwise stated)

- brazil nuts (107.00mg/8 nuts)
- almonds, dry roasted (98.67mg/24 nuts)
- pumpkin seeds (92.29mg/2 tbsp)
- pine nuts (71.00mg/2 tbsp)
- flaxseeds (70.14mg/2 tbsp)
- sesame seeds (63.18mg/2 tbsp)
- peanuts, dry roasted (50.00mg/28 nuts)
- chestnuts, dry roasted (47.00mg/cup)
- walnuts (45.00mg/14 halves)
- cashews (44.53mg/18 nuts)



Naturopathic Foundations

- sunflower seeds (63.72mg/2 tbsp)

- pecans (34.00mg/20 halves)

Beans & Legumes *(cooked unless otherwise stated)*

- soybeans (147.92mg/cup)
- black beans (120.40mg/cup)
- navy beans (107.38mg/cup)
- pinto beans (94.05mg/cup)
- cowpeas (91.00mg/cup)
- great northern (89.00mg/cup)

- lima beans (80.84mg/cup)
- kidney beans (79.65mg/cup)
- chickpeas (79.00mg/cup)
- lentils (71.00mg/cup)
- mung beans, raw sprouts (22.00mg/cup)

Grains *(cooked unless otherwise stated)*

- quinoa, uncooked (357.00mg/cup)
- spelt grains (224.00mg/cup)
- millet (105.60mg/cup)
- oat bran (88.00mg/cup)
- buckwheat (85.68mg/cup)
- rice, brown (83.85mg/cup)

- bulgur (58.24mg/cup)
- oats, whole grain (56.16mg/cup)
- rice, wild (52.00mg/cup)
- barley, pearled (35.00mg/cup)
- rice, white (19.00mg/cup)
- couscous (13.00mg/cup)

Meats, Poultry & Fish *(roasted, baked or broiled)*

- salmon, chinook (162.67mg/100 g)
- halibut (142.67mg/100 g)
- scallops (90.67/100 g)

- tuna, yellowfin (85.3mg/100 g)
- shrimp, steamed (45.34mg/100 g)

Other

- tempeh, cooked (87.55mg/0.5 cup)
- tofu, raw (34.02mg/0.5 cup)
- blackstrap molasses (14.69mg/tsp)
- mustard seeds (11.14mg/tsp)
- coriander seeds (9.00mg/tsp)

- celery seed (9.00mg/tsp)
- basil, dried (6.34mg/tsp)
- curry powder (5.00mg/tsp)
- chili powder (4.00mg/tsp)

USDA. National Nutrient Database for Standard Reference (release 21). <http://www.ars.usda.gov/Services/docs.htm?docid=17477>

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>

Health Canada. Dietary Reference Intakes for Elements. http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php