

MAGNESIUM

Recommended Dietary Allowance (RDA) of Magnesium in mg is 400-420 mg for men and 310-320 mg for women.

Foods Containing the Highest Levels of Magnesium (Mg mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5
2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods, and Select Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

Description	Magnesium, Mg(mg) Per 100 g
Lambsquarters, raw (Northern Plains Indians)	163
Fireweed, leaves, raw	156
Seaweed, irishmoss, raw	144
Seaweed, kelp, raw	121
Seaweed, wakame, raw	107
Dock, raw	103
Beans, navy, mature seeds, sprouted, raw	101
Grape leaves, raw	95
Kale, scotch, raw	88
Prickly pears, raw	85
Balsam-pear (bitter gourd), leafy tips, raw	85
Chard, swiss, raw	81
Spinach, raw	79
Soybeans, mature seeds, sprouted, raw	72
Beet greens, raw	70
Sweet potato leaves, raw	70

Wasabi, root, raw	69
Prickly pears, raw (Northern Plains Indians)	69
Rose Hips, wild (Northern Plains Indians)	69
Purslane, raw	68
Seaweed, agar, raw	67
Purslane, cooked, boiled, drained, with salt	67
Soybeans, green, raw	65
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	63
Artichokes, (globe or french), raw	60
Cowpeas, young pods with seeds, raw	58
Stinging Nettles, blanched (Northern Plains Indians)	57
Peas, mature seeds, sprouted, raw	56
Amaranth leaves, raw	55
Borage, raw	52
Arrowhead, raw	51
Parsley, fresh	50
Arugula, raw	47
Kale, raw	47
Radish seeds, sprouted, raw	44
Cowpeas, leafy tips, raw	43
Ginger root, raw	43
New Zealand spinach, raw	39
Burdock root, raw	38
Cress, garden, raw	38
Pumpkin leaves, raw	38
Corn, sweet, white, raw	37
Lentils, sprouted, raw	37
Corn, sweet, yellow, raw	37
Dandelion greens, raw	36
Squash, winter, butternut, raw	34
Squash, zucchini, baby, raw	33
Peas, green, raw	33
Mustard greens, raw	32
Chrysanthemum leaves, raw	32
Squash, winter, acorn, raw	32
Turnip greens, raw	31
Chicory greens, raw	30
Potatoes, Russet, flesh and skin, baked	30
Avocados, raw, California	29

Parsnips, raw	29
Cabbage, savoy, raw	28
Leeks, (bulb and lower leaf-portion), raw	28
Chokecherries, raw, pitted (Northern Plains Indians)	27
Collards, raw	27
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	27
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	27
Bananas, raw	27
Broccoli raab, cooked	27
Alfalfa seeds, sprouted, raw	27
Coriander (cilantro) leaves, raw	26
Arrowroot, raw	25
Beans, snap, green, raw	25
Garlic, raw	25