

7 Foods containing Magnesium

Written by [Dr. Edward Group](#), Founder, Global Healing

Best Foods for Magnesium

Most people can get enough magnesium from eating a healthy, balanced diet. That means what you might expect — lots of vegetables, beans, fruits, and nuts and seeds — along with some foods you may not have considered, such as dark chocolate. Here are some of the best plant-based foods for magnesium:

1) Green, Leafy Vegetables

To get the most bang for your buck, go for dark, [leafy vegetables](#), such as kale, spinach, and collard greens. Leafy vegetables are among the most magnesium-rich foods available, and they provide other nutritional benefits. Make them a regular part of your diet.

2) Nuts & Seeds

Many [nuts](#) and [seeds](#) are also high in magnesium. If you like to snack on almonds or peanuts, you're in luck. [Chia seeds](#), [pumpkin seeds](#), and flaxseed can also add magnesium to your diet. If you do not like eating nuts as snacks, try adding them as a topping to non-dairy yogurt or blend them into a smoothie.

3) Avocados

Add magnesium to the long list of nutrients in our favorite superfood — the [avocado](#). The brain- and heart-healthy avocado is a nutritional powerhouse that provides magnesium and potassium.

4) Bananas

Bananas are not only a great source of magnesium, but also potassium. Bananas can satisfy your sweet tooth while also providing you with your daily fill of magnesium, as well as [vitamin C](#) and fiber.

5) Figs

Packed with magnesium and other crucial minerals, figs are an often overlooked source of nutrients. Dried figs are a great snack.

6) Dark Chocolate

Great news for dessert lovers: [dark chocolate](#) contains a significant amount of magnesium. That said, most sources of chocolate are high in sugar. Eat chocolate in moderation or add unsweetened cocoa powder to recipes or fresh fruit smoothies.

7) Whole Grains & Pseudograins

Many whole grains have high magnesium levels. The pseudograins buckwheat and [quinoa](#) not only have more magnesium, but they are also higher in protein and [antioxidants](#) than traditional grains like wheat, corn, and rice. As a bonus, buckwheat and quinoa are also gluten-free. If you haven't given them a try, do it!

How Much Magnesium Do You Need?

The RDA for magnesium varies by age. The average healthy adult male in his 20s needs

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approximately 400 mg of magnesium per day. The requirement for a woman of the same age is a bit lower at 320 mg. Pregnant women should increase their daily allotment to 350 mg.

The table below lists the current RDA for children and adults in the United States as established by the Food and Nutrition Board at the Institute of Medicine of the National Academies.^[2] For children under 12 months, the chart lists adequate intake for non-breastfed babies.

If you have health considerations specific to you, talk to your healthcare provider about what serving size is best.

Age	Male	Female	Pregnant	Lactation
0 to 6 mos	30 mg*	30 mg*		
7–12 mos	75 mg*	75 mg*		
1–3 yrs	80 mg	80 mg		
4–8 yrs	130 mg	130 mg		
9–13 yrs	240 mg	240 mg		
14–18 yrs	410 mg	360 mg	400 mg	360 mg
19–30 yrs	400 mg	310 mg	350 mg	310 mg
31–50 yrs	420 mg	320 mg	360 mg	320 mg
51+ yrs	420 mg	320 mg		

*Adequate Intake

The Best Supplements for Magnesium Deficiency

If you're concerned that you aren't getting enough magnesium in your diet, consider supplementation. There are a variety of magnesium supplements available. How well they work depends on the amount of the mineral they contain, how well it dissolves, how well the gut absorbs it, and its bioavailability. Bioavailability is the proportion of a substance the body can use in its biochemical reactions.^[12]

Magnesium can be absorbed through the skin, such as by soaking in a bath with Epsom salts. However, other than food, the most common way to get magnesium is through supplements. Options include magnesium orotate, magnesium chloride, or multipurpose supplements which combine magnesium with nutrients that help absorption, such as calcium, vitamin D, and vitamin K.

[Magnesium orotate](#) is one of the best choices for supplementation, as it's the most absorbable form of the mineral. [IntraCal™](#) contains an ideal ratio of calcium to magnesium orotate.

Points to Remember

Getting adequate magnesium is crucial to achieving optimal health, yet more than 75 percent of people do not get enough of this macromineral. Magnesium plays a role in brain and nervous system health, metabolism, cardiovascular health, and more. Not getting

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enough magnesium can contribute to a host of health woes, including anxiety, sleep disorders, weight gain, and asthma. You can get magnesium from foods like chocolate, bananas, avocados, and figs, or through supplements.

The amount of magnesium the body needs varies by age. Some situations, such as pregnancy, require more magnesium. A deficiency arises when the body doesn't get enough magnesium, or can't use what it does get. A normal blood serum level is 0.75 to 0.95 mmol/L, while less than 0.75 is low.