

Sources of Magnesium

Quinoa	1 cup	118 mg
Brown Rice	1 cup	86 mg
Almonds	1 oz.	80 mg
Spinach, cooked		78 mg
White beans, cooked	½ cup	77mg
Cashews	1 oz.	74 mg
Soy milk	1 cup	61 mg
Black beans, cooked	½ cup	60 mg

Beth McDonnell, MS, RD, LDN

mcdonnellbeth@gmail.com

makebetterchoicesnc.com