

# High Magnesium Diet

Magnesium is a mineral found in a variety of foods. It is found in your bones and muscles, as well as your body fluids.

Magnesium is necessary for a wide variety of processes in your body, such as muscle contraction and nerve function.

Your body may require more magnesium than usual in the case of body losses (e.g. excessive nausea and vomiting), if your kidneys are not functioning properly, or if you are taking medications that cause your body to waste magnesium.

The average magnesium requirements for adults are about 300 mg daily for women and 350-400 mg daily for men.

You should include the following foods in your diet to increase your magnesium intake:

**If you have any questions, please call:  
Nutrition Department, Roswell Park Cancer Institute  
716-845-2398**

100 mg magnesium per serving

All Bran Cereal	½ cup
100% Raisin Bran	½ cup
Baked Beans	1 cup

50-100 mg magnesium per serving

Almonds	1 oz
Black eyed peas	1 cup
Cashews	1 oz
Hazelnuts	1 oz
Hummus	1 cup
Hot Cocoa made w/milk	1 cup

50-100 mg magnesium per serving (cont.)	
Kidney beans	1 cup
Pecans	2 oz
Pistachios	2 oz
Pinto beans	1 cup
Pumpkin seeds	1 oz
Sesame seeds	1 oz
Swiss chard, cooked	½ cup
Walnuts	1 oz
Yellow beans, cooked	½ cup

### 50 mg magnesium per serving

Baked potato with skin	1 medium
Barley	1/2 cup
Brazil nuts	1 oz.
Corn	1 cup
Dark chocolate	1.5 oz
Granola cereal	½ cup
Grape Nuts cereal	½ cup
Lentil soup	1 cup
Lima beans	½ cup
Minestrone soup	1 cup
Mixed dry roasted nuts	½ cup
Oatmeal (instant)	1 packet
Oatmeal Crisp cereal	½ cup
Oysters	3 oz
Peanuts	1 oz
Peanut butter	2 tbsp
Raisin Bran cereal	½ cup
Shredded Wheat cereal	1 cup
Shrimp	4 oz
Split pea soup	1 cup
Sunflower seeds	1 oz