

Foods High in Magnesium

Magnesium is a mineral found in foods. It is important to include magnesium in your diet for your muscles and nerves to work well. It can also help to control your blood pressure and blood sugar levels.

Many foods high in magnesium are also high in fibre. Choose foods lower in fibre if you have diarrhea or loose, frequent bowel movements.

<u>Nuts & Seeds*</u> Almond butter Almonds Brazil nuts Cashews Chia seeds Flax seeds Hazelnuts Hemp hearts Mixed nuts Peanut butter Peanuts Pine nuts Pumpkin seeds Sesame seeds Sunflower seeds Tahini Walnuts	<u>Grains*</u> Bran cereal Bran muffin Brown rice Buckwheat Oat bran Oatmeal Quinoa Wheat bran Wheat germ Whole grain bread Whole grain cereals Wild rice	<u>Beans & Lentils*</u> Adzuki beans Baked beans Black beans Chickpeas Edamame beans Fava beans Kidney beans Lentils Lima beans Navy beans Refried beans Soybeans Split peas White beans
<u>Fish & Seafood</u> Cod Crab Haddock Mackerel Pollock Salmon Scallops Tuna Whitefish	<u>Vegetables & Fruits*</u> Artichoke hearts Baked potato (with skin) Beet greens Bitter melon Daikon Kale Prickly pear Spinach Swiss chard Turnip Winter squash Yellow beans	<u>Other</u> Chocolate milk Coconut milk Dark chocolate Dried seaweed* Eggnog Espresso Falafel* Molasses Popcorn* Soy cheese Soy milk Soy yogurt Tofu

*These foods can be high in fibre