

Table (3): Selected Food Sources of Magnesium*

| Food | Milligrams (mg) | |
|--|-----------------|---------------|
| | Preserving | Percent of DV |
| Almonds, dry roasted, 1 ounce | 80 | 20 |
| Spinach, boiled, ½ cup | 78 | 20 |
| Cashews, dry roasted, 1 ounce | 74 | 19 |
| Peanuts, oil roasted, ¼ cup | 63 | 16 |
| Cereal, shredded wheat, 2 large biscuits | 61 | 15 |
| Soymilk, plain or vanilla, 1 cup | 61 | 15 |
| Black beans, cooked, ½ cup | 60 | 15 |
| Edamame, shelled, cooked, ½ cup | 50 | 13 |
| Peanut butter, smooth, 2 tablespoons | 49 | 12 |
| Bread, whole wheat, 2 slices | 46 | 12 |

*U.S. Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 25. 2012