

Eight Amazing Dietary Sources of Magnesium

Magnesium is a mineral that supports a healthy immune system and helps to improve bone health. It may also help prevent and reduce inflammation in the body which plays a role in the development of a number of different conditions. Getting enough magnesium will also help you digest your food properly and absorb the other nutrients you need to get and stay healthy.



Spinach, Cooked
1/2 cup = 83 mg magnesium



Black-Eyed Peas
3/4 cup = 121 mg magnesium



Sunflower Seeds
1/4 cup = 115 mg magnesium



Flaxseeds
2 Tablespoons = 111 mg magnesium



Salmon, Chinook, Cooked
75 g = 92 mg magnesium



Soybeans, Mature, Cooked
3/4 cup = 109 mg magnesium



Pumpkin or Squash Seeds
1/4 cup = 317 mg magnesium



Cashews
1/4 cup = 90 mg magnesium

Source: <https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Minerals/Food-Sources-of-Magnesium.aspx>



Rocky Mountain Analytical®
Changing lives, one test at a time



facebook.com/RMALaboratory



@RMA Lab

www.rmalab.com