



Sunny Meadow

MEDICAL CLINIC

Magnesium-Rich Foods



iStock.com/Nataliia Mysak

The best way to get magnesium in the right amount, and in a form your body can recognize and absorb efficiently, is through your diet.

Some of the [best sources](#) include:

- [Nuts](#) and seeds, especially [almonds](#), cashews, and [peanuts](#) (technically a legume) — including nut butters made from them

- Spinach, especially when boiled
- Plant-based [milks](#)
- [Beans](#) and legumes, like black beans and edamame (soybeans)
- Dark [chocolate](#), especially when you choose types that are at least 70% cacao or cocoa solids
- [Avocado](#)
- [Potatoes](#)
- Whole [grains](#), especially quinoa and whole wheat flour
- Tofu and tempeh
- [Bananas](#)
- Cauliflower

There is little to no magnesium found in meat, eggs, or dairy products.