

Magnesium Foods

Amaranth

Artichokes

Bananas

Brazil Nuts

Buckwheat Flour

Cashews

Coconut

Flaxseed

Fortified cereals (check labels)

Halibut

Lima Beans

Peanut Butter

Pinto Beans

Pumpkin Seeds

Quinoa

Tomato Juice

Spinach

Soybeans

Sunflower Seeds

Wheat Germ