

# Magnesium-rich foods for children and teens aged 4 to 18 years

Reviewed by SickKids Staff | Last updated: June 26th, 2024

\*NOTE: Careful of choking hazard of hard pieces.

| Food sources   | Mg per serving |
|--|----------------|
| *Pumpkin seeds, ¼ cup  | 150 - 175      |
| Spinach, 1 cup   | 155            |
| *Sunflower seeds, ¼ cup  | 129            |
| Chia seeds, ¼ cup  | 111            |
| *Soy nuts, ¼ cup   | 90             |
| *Cashews, ¼ cup  | 74             |
| *Almonds, 1 oz   | 70             |
| *Soy milk, plain or vanilla, 1 cup                                       | 61             |
| Black beans, ½ cup   | 60             |
| Cereal, shredded wheat, 2 large biscuits                                 | 60             |
| Tofu, ¾ cup  | 50 - 90        |
| *Edamame, shelled, cooked, ½ cup   | 50             |
| Dry cocoa powder, 2 tablespoons  | 50             |
| White rice, 1 cup  | 50             |
| Peanut butter, 2 tablespoons   | 49             |
| Baked beans, ¾ cup   | 49             |
| Potato, baked with skin, 3.5 oz  | 48             |
| Brown rice, ½ cup  | 42             |
| Yogurt, 1 cup  | 42             |
| Breakfast cereals, fortified with 10% of the DV for magnesium, 1 serving | 42             |
| Oatmeal, instant, 1 packet   | 36             |
| Banana, 1 medium   | 35             |
| Milk, 1 cup  | 32             |
| Hummus, 3 tablespoons  | 32             |
| Whole-wheat crackers, 6 crackers   | 31             |
| Flax seed, 1 tablespoon, ground  | 28             |
| Salmon, 3oz; halibut, 3 oz; or chicken breast, 3 oz                      | 22 - 26        |
| Granola bar, 1   | 25             |
| Frozen yogurt, ½ cup   | 23             |
| Avocado, ½ medium size   | 23             |
| Raisins, ½ cup   | 23             |
| Bread, whole wheat, 1 slice  | 23             |