

**Food Sources of Magnesium**

Magnesium is a mineral that helps the muscle, nerve, heart and blood pressure function as normal. It also helps keep your bones strong. Some medicines may cause low magnesium levels. If you need a magnesium supplement, your healthcare team will help you.

Magnesium is found in many foods. Eating many types of foods, like fruits, vegetables and whole grains can help you meet your magnesium needs. Overcooking can lower magnesium content of foods.

To learn more, go to:  
[\(http://ndb.nal.usda.gov/\)](http://ndb.nal.usda.gov/).

**Daily Magnesium Needs**

Age (years)	Male (mg/day)	Female (mg/day)
1-3	80	80
4-8	130	130
9-13	240	240
14-18	410	360
19-30	400	310
31+	420	320

Age (years)	Pregnancy (mg/day)	Lactation (mg/day)
14-18	400	360
19-30	350	310
31+	360	320

**Magnesium-Rich Foods**

<b>Vegetables</b>	Spinach, chard, broccoli, avocado, artichoke, squash, and potato with skin
<b>Fish</b>	Halibut, pollack, tuna, crabmeat, salmon, bluefish
<b>Fruits</b>	Bananas, dried apricots, raisins, kiwi, prunes, watermelon
<b>Dairy</b>	Milk, yogurt
<b>Seeds, Nuts, Legumes</b>	Peanut butter, peanuts, almonds, cashews, baked beans, soy products, lentils, hummus pumpkin seeds, Tahini (sesame paste)
<b>Grains</b>	Brown rice, whole-wheat bread, oatmeal, wheat-germ, 100% bran, bran flakes, shredded wheat cereal
<b>Other</b>	Chocolate bar, cocoa powder, blackstrap molasses, shrimp

## **Teach Back**

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#464.