

# Magnesium Rich



Apples - Fresh & Dried	Dulse	Oats	Soy Milk
Apricots - Dried	Endive	Okra	Spinach
Avocados	Figs - Dried	Onion Tops	Sunflower Seeds
Bananas - Dried	Filberts	Parsley	Swiss Chard
Beans - Dried white, fresh lima, garbanzo, snap	Fish	Peaches - White Fleshed & Dried	Turbot
Beets tops - Greens	Gelatin	Peas - Dried	Tofu
Black Walnuts	Grapes	Peanuts	Turnip Greens
Brazil nuts	Green Pepper	Pears - Dried	Veal Joint Broth
Cabbage	Goat Milk	Pecans	Walnut - English
Cashews	Hickory Nuts	Pistachio Nuts	Watercress
Coconuts	Honey	Prunes	Whiting
Comfrey Leaves	Lentils	Rice - Wild or Brown	Whole Wheat
Corn - Yellow Sweet	Mint	Rye - Whole	
Cornmeal - Yellow	New Zealand Spinach	Sorrel	
Dates	Nuts	Soybeans - Dried	

Magnesium is highest in certain nuts and whole grains. Unpolished rice has eleven times the magnesium content of polished rice; rice polishings are an even more concentrated source. Wheat germ is another high-magnesium food. Always include yellow cornmeal.