

# FOODS HIGH IN MAGNESIUM

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## Seafood

## Cocoa & chocolate

## Vegetables

- red beans
- lima beans
- white beans
- cow peas
- lentils
- split peas
- soybeans

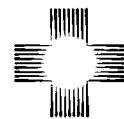
## Nuts

- cashews
- almonds
- peanuts
- peanut butter
- pecans
- walnuts

Items in groups are listed in order of magnesium content, beginning with the highest.

This information is intended to help you become better informed, but is not meant to take the place of advice from your doctor. The medical opinions, techniques, and procedures are general recommendations and should not be followed except with the consultation and under the direction of your doctor. For information about your individual condition and treatment, please talk to your doctor.

Developed by the Office of Patient Education in cooperation with the Nutrient/Drug Interaction Subcommittee.  
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**ST. LUKE'S**  
Episcopal Hospital

Texas Medical Center  
Houston, Texas