

Foods with magnesium

To boost your magnesium levels and get other healthy nutrients, try to eat these foods regularly:



Almonds



Spinach



Cashews



Peanuts & peanut butter



Black beans



Edamame



Avocado



Fortified breakfast cereals



Brown rice

If you're eating fortified cereal or peanut butter, look for types without added sugar or salt. Also, be mindful of the amount of fat and calories in nuts and nut butter. While these foods can be part of a healthy diet, the recommended serving sizes are usually small.