

What is magnesium?

Magnesium is a nutrient found in food. Most people get enough magnesium in their diets. The body uses it to:

- Help muscles and nerves work.
- Convert food into energy and maintain blood sugar levels.
- Make protein, bone and DNA.
- Help maintain blood pressure.

Remember: It is important for your child to eat a well-balanced, nutritious diet.

Why do I need a high magnesium diet?

Some medicines lower magnesium levels in the body. Many of these medicines are used for patients after a transplant. This includes medicines such as tacrolimus and cyclosporine. If your magnesium is low, you may need to increase the magnesium in your diet or take an extra supplement.

To get more magnesium, eat 3 to 4 of these foods each day:

	Highest in magnesium	High in magnesium
Dairy/Milk alternatives	<ul style="list-style-type: none"> • Soy milk • Almond milk with added magnesium 	<ul style="list-style-type: none"> • Milk • Yogurt • Cheese
Fruits	<ul style="list-style-type: none"> • Raisins, prunes • Orange juice (from concentrate) • Apricots • Peaches • Black berries • Plantains 	<ul style="list-style-type: none"> • Pears • Bananas • Dried mixed fruits • Oranges • Mangos • Kiwi
Vegetables	<ul style="list-style-type: none"> • Dark green leafy vegetables • Beets • Taro • Acorn and butternut squash 	<ul style="list-style-type: none"> • Broccoli • Potatoes with skin • Canned tomatoes • Avocados • Corn • Peas • Green beans
Grains	<ul style="list-style-type: none"> • Whole grains (breads, cereals and pastas) • Bran • Brown rice • Shredded wheat 	<ul style="list-style-type: none"> • Instant oatmeal • Grains and cereals with added magnesium • Rice • Corn meal

	Highest in magnesium	High in magnesium
Protein / Legumes	<ul style="list-style-type: none"> • Beans: Lima, black, kidney and pinto • Almonds • Cashews 	<ul style="list-style-type: none"> • Peanuts • Peanut Butter • Edamame (soybeans) • Tofu
Other foods	<ul style="list-style-type: none"> • Dark chocolate • Chocolate hazelnut spread 	<ul style="list-style-type: none"> • Seeds • Chicken • Fatty fish (salmon, mackerel, halibut, tuna) • Beef • Shell fish • Hazelnuts • Molasses • Chocolate pudding

For more information: Visit the USDA National Nutrient Database for Standard Reference: <https://ods.od.nih.gov/pubs/usdandb/Magnesium-Content.pdf>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.