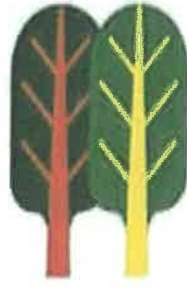


TOP TEN MAGNESIUM FOODS



1 SPINACH

157 MG. (40 DV) 1 CUP



2 CHARD

154 MG. (38 DV) 1 CUP



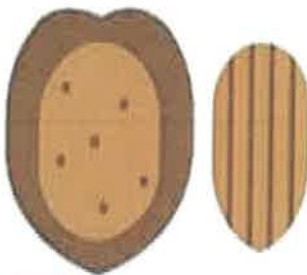
3 PUMPKIN SEEDS

92 MG. (23 DV) 1/8 CUP



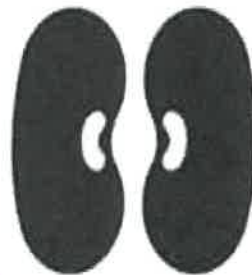
4 YOGURT

50 MG. (13 DV) 1 CUP



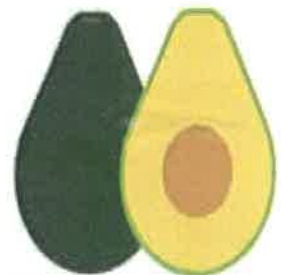
5 ALMOND

80 MG. (20 DV) 1 CUP



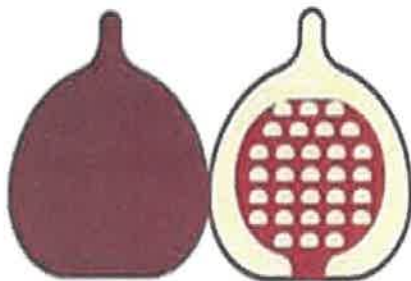
6 BLACK BEANS

60 MG. (15 DV) 1/2 CUP



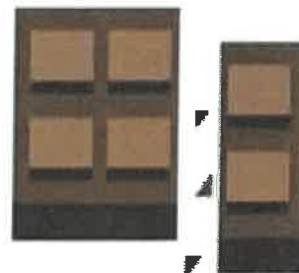
7 AVOCADO

58 MG. (15 DV) 1 MED



8 FIGS

50 MG. (13 DV) 1/2 CUP



9 DARK CHOCOLATE

95 MG. (24 DV) 1 SQU.



10 BANANA

32 MG. (8 DV) 1 MED