




KETO FOODS HIGH IN MAGNESIUM



Almonds  1 oz. = 80 mg 20% DV	Spinach  4 oz. = 78 mg 20% DV	Pumpkin seeds  1 oz. = 74 mg 19% DV	Cashews  1 oz. = 74 mg 19% DV	Peanuts  2 oz. = 63 mg 16% DV
Dark chocolate (60%+ cacao)  1 oz. = 50 mg 13% DV	Peanut butter  2 tablespoons = 49 mg 12% DV	Avocado  8 oz. = 44 mg 11% DV	Cocoa powder (unsweetened)  1 tablespoon = 27 mg 7% DV	Salmon  3 oz. = 26 mg 7% DV
Halibut  3 oz. = 24 mg 7% DV	Chicken breast  3 oz. = 22 mg 6% DV	Beef (ground)  3 oz. = 20 mg 5% DV	Broccoli  4 oz. = 12 mg 3% DV	Quantity Single Serving Size <hr/> mg Magnesium Per Serving <hr/> DV % of Daily Value (based on 400mg total goal)