

ESSENTIAL MINERALS CHART

High Potassium & Magnesium Food Sources

Potassium (K⁺)

FOOD ITEM	AMOUNT (MG)
Beet Greens (1 cup)	1,300mg
White Beans (1 cup)	1,000mg
Potato (Large w/ skin)	900mg
Adzuki Beans (1 cup)	850mg
Spinach (1 cup cooked)	840mg
Avocado (Medium)	700mg
Salmon (6 oz)	680mg
Banana (Medium)	420mg

Magnesium (Mg²⁺)

FOOD ITEM	AMOUNT (MG)
Pumpkin Seeds (1 oz)	156mg
Chia Seeds (1 oz)	111mg
Spinach (1 cup cooked)	150mg
Almonds (1 oz)	80mg
Black Beans (1 cup)	120mg

FOOD ITEM	AMOUNT (MG)
Dark Chocolate (70%)	64mg
Cashews (1 oz)	74mg
Quinoa (1 cup cooked)	118mg

Values are approximate based on standard serving sizes. Consult a healthcare professional for dietary advice.