

Magnesium Rich Leafy Greens

Nutritional Reference Guide (Per 1 Cup Cooked)

LEAFY GREEN VARIETY	MAGNESIUM (MG)	% DAILY VALUE*
Spinach	157 mg	37%
Swiss Chard	150 mg	36%
Beet Greens	98 mg	23%
Collard Greens	40 mg	10%
Kale	33 mg	8%
Turnip Greens	32 mg	8%

*Daily Value percentages are based on a 2,000 calorie diet. Data for illustrative purposes.