USDA National Nutrient Database for Standard ReferenceRelease 27

Nutrients: Magnesium, Mg (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: December 30, 2014 08:21 EST

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20060	Rice bran, crude	118.0	1.0 cup	922
19304	Molasses	337.0	1.0 cup	816
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	764
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	747
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	678
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	656
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	649
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	649
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	594
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	564
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	556
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	556
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	553
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	521
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	518
43299	Soybean, curd cheese	225.0	1.0 cup	513
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	505
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	500
20001	Amaranth grain, uncooked	193.0	1.0 cup	479
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	443
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	443
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	435
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	430
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	430
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	430
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	429
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	409
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	399
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	393

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20008	Buckwheat	170.0	1.0 cup	393
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	391
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	389
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	387
12061	Nuts, almonds	143.0	1.0 cup, whole	386
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	385
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	385
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	384
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	382
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	380
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	375
16119	Soy meal, defatted, raw	122.0	1.0 cup	373
16419	Soy meal, defatted, raw, crude protein basis (N x 6.25)	122.0	1.0 cup	373
16415	Soy flour, full-fat, raw, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	365
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	364
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	362
12145	Nuts, pilinuts, dried	120.0	1.0 cup	362
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	361
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	361
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	360
16076	Lupins, mature seeds, raw	180.0	1.0 cup	356
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	356
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	356
20142	Teff, uncooked	193.0	1.0 cup	355
20077	Wheat bran, crude	58.0	1.0 cup	354
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	352
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	352
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	346
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	346
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	346
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	340
12147	Nuts, pine nuts, dried	135.0	1.0 cup	339
20035	Quinoa, uncooked	170.0	1.0 cup	335
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	332
19355	Syrups, sorghum	330.0	1.0 cup	330
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	326

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20067	Sorghum grain	192.0	1.0 cup	317
43136	Vegetarian stew	247.0	1.0 cup	314
16416	Soy flour, full-fat, roasted, crude protein basis (N x 6.25)	85.0	1.0 cup, stirred	314
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	314
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	308
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	137.0	1.0 cup	308
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	307
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	307
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	307
16117	Soy flour, defatted	105.0	1.0 cup	304
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	304
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	302
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	301
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	294
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	294
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	293
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	288
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	285
12084	Nuts, butternuts, dried	120.0	1.0 cup	284
20088	Wild rice, raw	160.0	1.0 cup	283
20076	Wheat, durum	192.0	1.0 cup	276
20038	Oats	156.0	1.0 cup	276
20078	Wheat germ, crude	115.0	1.0 cup	275
16091	Peanuts, spanish, raw	146.0	1.0 cup	274
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	272
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	269
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	269
16093	Peanuts, valencia, raw	146.0	1.0 cup	269
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	265
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	260
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	258
01115	Whey, sweet, dried	145.0	1.0 cup	255
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	254
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	254
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	253
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	253

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	251
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	251
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	250
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	250
16095	Peanuts, virginia, raw	146.0	1.0 cup	250
20069	Triticale	192.0	1.0 cup	250
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	249
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	249
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	247
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	247
20004	Barley, hulled	184.0	1.0 cup	245
20072	Wheat, hard red winter	192.0	1.0 cup	242
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	242
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	242
19352	Syrups, malt	332.0	1.0 cup	239
20071	Wheat, hard red spring	192.0	1.0 cup	238
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	237
19059	Snacks, trail mix, regular	150.0	1.0 cup	237
20140	Spelt, uncooked	174.0	1.0 cup	237
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	235
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	235
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	232
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	230
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	230
20012	Bulgur, dry	140.0	1.0 cup	230
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 Biscuit	229
20031	Millet, raw	200.0	1.0 cup	228
16099	Peanut flour, defatted	60.0	1.0 cup	222
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	221
20033	Oat bran, raw	94.0	1.0 cup	221
11667	Seaweed, spirulina, dried	112.0	1.0 cup	218
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	215
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	214
90560	Mollusks, snail, raw	85.0	3.0 oz	212
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	212
20073	Wheat, soft red winter	168.0	1.0 cup	212

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20314	Corn grain, white	166.0	1.0 cup	211
20014	Corn grain, yellow	166.0	1.0 cup	211
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	208
20063	Rye flour, dark	128.0	1.0 cup	205
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	203
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	202
16113	Natto	175.0	1.0 cup	201
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	200
20070	Triticale flour, whole-grain	130.0	1.0 cup	199
11432	Radishes, oriental, dried	116.0	1.0 cup	197
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	196
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	196
16106	Meat extender	88.0	1.0 cup	190
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	187
20062	Rye grain	169.0	1.0 cup	186
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	185
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	185
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	184
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	184
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	184
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	1071.0	1.0 ribs	182
20074	Wheat, hard white	192.0	1.0 cup	179
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	178
19367	Toppings, nuts in syrup	328.0	1.0 cup	177
20090	Rice flour, brown	158.0	1.0 cup	177
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	174
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	174
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	174
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	174
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	173
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	173
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	171
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	171
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	170
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	169
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	168

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	168
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	168
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	168
11450	Soybeans, green, raw	256.0	1.0 cup	166
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	165
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	165
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	165
20080	Wheat flour, whole-grain	120.0	1.0 cup	164
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	164
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	164
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	163
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	162
20002	Amaranth grain, cooked	246.0	1.0 cup	160
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	159
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	159
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	158
20005	Barley, pearled, raw	200.0	1.0 cup	158
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	158
20131	Barley malt flour	162.0	1.0 cup	157
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	157
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	157
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	156
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	156
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	155
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	155
16157	Chickpea flour (besan)	92.0	1.0 cup	153
20075	Wheat, soft white	168.0	1.0 cup	151
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	150
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	150
20107	Macaroni, whole-wheat, dry	105.0	1.0 cup elbow shaped	150
20132	Oat flour, partially debranned	104.0	1.0 cup	150
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	150
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	149
20648	Sorghum flour, whole-grain	121.0	1.0 cup	149
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	148
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	148

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	148
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	147
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	146
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	146
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	145
21270	TACO BELL, Taco Salad	533.0	1.0 item	144
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	143
20130	Barley flour or meal	148.0	1.0 cup	142
20647	Millet flour	119.0	1.0 cup	142
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	140
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	140
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	140
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	140
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	138
11616	Dock, raw	133.0	1.0 cup, chopped	137
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	135
16114	Tempeh	166.0	1.0 cup	134
19061	Snacks, trail mix, tropical	140.0	1.0 cup	134
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	134
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	134
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	134
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	134
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	134
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	133
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	133
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	133
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	132
12142	Nuts, pecans	109.0	1.0 cup, chopped	132
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	131
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	131
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	131
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	131
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	130
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	130
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	130

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09287	Prickly pears, raw	149.0	1.0 cup	127
20143	Teff, cooked	252.0	1.0 cup	126
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	126
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	126
20091	Pasta, corn, dry	105.0	1.0 cup	125
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	124
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	123
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	123
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	122
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	122
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	121
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	483.0	1.0 breast breast with skin and bone	121
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	120
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	120
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	120
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	120
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	120
20137	Quinoa, cooked	185.0	1.0 cup	118
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	118
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	117
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	115
16059	Chili with beans, canned	256.0	1.0 cup	115
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	115
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	114
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	114
01113	Whey, acid, dried	57.0	1.0 cup	113
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	113
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	113
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	113
16144	Lentils, pink or red, raw	192.0	1.0 cup	113
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	113
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	113
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	112
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	112
21134	Fast foods, potato, baked and topped with cheese sauce and chili	395.0	1.0 piece	111

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
42182	Bean beverage	230.0	1.0 cup	110
09322	Tamarinds, raw	120.0	1.0 cup, pulp	110
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	110
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	110
20316	Corn flour, whole-grain, white	117.0	1.0 cup	109
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	109
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	109
16005	Beans, baked, home prepared	253.0	1.0 cup	109
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	108
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	108
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	108
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	108
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	108
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	108
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	107
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	107
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	107
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	106
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	106
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	106
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	106
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	105
20023	Cornmeal, self-rising, bolted, plain, enriched, yellow	122.0	1.0 cup	105
20323	Cornmeal, self-rising, bolted, plain, enriched, white	122.0	1.0 cup	105
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	105
43476	Tofu yogurt	262.0	1.0 cup	105
11955	Tomatoes, sun-dried	54.0	1.0 cup	105
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	105
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	104
05305	Ground turkey, raw	453.6	1.0 lb	104
11413	Potato flour	160.0	1.0 cup	104
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	104
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	104
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	104
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	104
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	103

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	103
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	103
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	102
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	102
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	102
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	102
09094	Figs, dried, uncooked	149.0	1.0 cup	101
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	101
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	101
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	101
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	101
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	101
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	101
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	100
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	100
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	100
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	100
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	100
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 Riblet with Sauce	99
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	99
11212	Edamame, frozen, prepared	155.0	1.0 cup	99
20126	Spaghetti, spinach, dry	57.0	2.0 oz	99
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	99
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	99
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	99
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	99
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	98
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	98
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	98
21065	Fast foods, burrito, with beans, cheese, and chili peppers	336.0	2.0 pieces	97
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	97
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	97
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	97
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	97
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	97
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	97

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	97
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	96
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	96
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	96
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	96
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	96
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	96
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	96
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	96
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	96
20141	Spelt, cooked	194.0	1.0 cup	95
12006	Seeds, chia seeds, dried	28.35	1.0 oz	95
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	95
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	94
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	94
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	94
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	94
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	93
09451	Horned melon (Kiwano)	233.0	1.0 cup	93
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	93
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	93
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	93
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	92
20324	Cornmeal, self-rising, bolted, with wheat flour added, enriched, white	170.0	1.0 cup	92
20024	Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow	170.0	1.0 cup	92
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	92
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	92
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	92
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	91
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	91
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	91
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	91
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	91
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	91
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	91

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	91
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	90
16069	Lentils, raw	192.0	1.0 cup	90
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	90
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	90
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	90
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	90
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	90
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	89
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	89
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	89
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	89
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	89
20087	Wheat, sprouted	108.0	1.0 cup	89
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	88
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	88
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	88
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	88
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	88
16172	Refried beans, canned, fat-free	231.0	1.0 cup	88
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	88
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	88
20034	Oat bran, cooked	219.0	1.0 cup	88
11683	Carrot, dehydrated	74.0	1.0 cup	87
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	87
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	87
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	86
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	86
16009	Beans, baked, canned, with pork	253.0	1.0 cup	86
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	86
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	86
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	86
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	86
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	86

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	86
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	86
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	85
21077	Fast foods, frijoles with cheese	167.0	1.0 cup	85
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	85
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	85
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	85
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	85
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	85
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	85
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	84
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	84
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	84
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	84
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	84
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	84
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	84
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	84
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	84
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	84
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	83
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	83
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	83
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	83
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	83
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	83
21075	Fast foods, enchilada, with cheese and beef	192.0	1.0 enchilada	83
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	82
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	82
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	82
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	82
20124	Spaghetti, whole-wheat, dry	57.0	2.0 oz	82
21066	Fast foods, burrito, with beef	220.0	2.0 pieces	81
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	81
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	81
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	81

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	81
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	81
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entre	81
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	81
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	81
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	80
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	80
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	80
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	80
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	80
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	80
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	80
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	79
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	79
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	79
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	79
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	79
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	79
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	79
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	79
20466	Semolina, unenriched	167.0	1.0 cup	78
20066	Semolina, enriched	167.0	1.0 cup	78
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	78
21133	Fast foods, potato, baked and topped with cheese sauce and broccoli	339.0	1.0 piece	78
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	78
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	78
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	78
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	77
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	77
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	77
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	77
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	77
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	77
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	77
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	77
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	77

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	77
20032	Millet, cooked	174.0	1.0 cup	77
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	76
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 Entre	76
20028	Couscous, dry	173.0	1.0 cup	76
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	76
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	76
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	76
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	76
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	76
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	76
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	76
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	75
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	75
09095	Figs, dried, stewed	259.0	1.0 cup	75
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	75
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	75
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	75
11122	Cardoon, raw	178.0	1.0 cup, shredded	75
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	75
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	74
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	74
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	74
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	74
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	74
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	74
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	74
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	73
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	73
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	73
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	73
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	73
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	73
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	73
21088	Tostada with guacamole	261.0	2.0 pieces	73
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	73

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	73
16605	MORNINGSTAR FARMS Entree Chik'n Enchilada with Rice, frozen, unprepared	269.0	1.0 package	73
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	73
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	73
16008	Beans, baked, canned, with franks	259.0	1.0 cup	73
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	72
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	72
11211	Edamame, frozen, unprepared	118.0	1.0 cup	72
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	72
21076	Fast foods, enchirito, with cheese, beef, and beans	193.0	1.0 enchirito	71
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	71
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	71
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 Entre	71
21062	Fast foods, burrito, with beans and chili peppers	204.0	2.0 pieces	71
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	71
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	71
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	71
19154	Candies, sesame crunch	28.35	1.0 oz	71
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	71
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	71
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	71
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	71
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 Pattie	70
11964	Nopales, cooked, without salt	149.0	1.0 cup	70
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	70
21068	Fast foods, burrito, with beef, cheese, and chili peppers	304.0	2.0 pieces	70
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	70
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	70
21135	Fast foods, potato, baked and topped with sour cream and chives	302.0	1.0 piece	69
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	69
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	69
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	69
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	69
21132	Fast foods, potato, baked and topped with cheese sauce and bacon	299.0	1.0 piece	69
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	69
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	69

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	69
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	68
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	68
09446	Plantains, green, fried	118.0	1.0 cup	68
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	68
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	68
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	68
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	68
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	68
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	68
20025	Cornmeal, self-rising, degermed, enriched, yellow	138.0	1.0 cup	68
20325	Cornmeal, self-rising, degermed, enriched, white	138.0	1.0 cup	68
21086	Fast foods, tostada, with beans, beef, and cheese	225.0	1.0 piece	68
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	67
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	67
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	67
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	67
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	67
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	67
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	67
08609	Cereals ready-to-eat, KASHI Golden Goodness	60.0	1.25 cup (1 NLEA serving)	67
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	67
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	67
09038	Avocados, raw, California	230.0	1.0 cup, pureed	67
16007	Beans, baked, canned, with beef	266.0	1.0 cup	66
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	66
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	66
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	66
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	66
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	66
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	66
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	65
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	65
21131	Fast foods, potato, baked and topped with cheese sauce	296.0	1.0 piece	65
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	65
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	65

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	65
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	65
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	65
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	65
21072	Fast foods, chimichanga, with beef and red chili peppers	190.0	1.0 chimichanga	65
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	64
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	64
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	64
20064	Rye flour, medium	102.0	1.0 cup	64
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	64
09278	Plantains, cooked	200.0	1.0 cup, mashed	64
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	64
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	64
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	64
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	64
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	64
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	64
21087	Fast foods, tostada, with beef and cheese	163.0	1.0 piece	64
36045	ON THE BORDER, refried beans	135.0	1.0 cup	63
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	63
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	63
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	63
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	63
09087	Dates, deglet noor	147.0	1.0 cup, chopped	63
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	63
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	63
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	63
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	63
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	63
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	63
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	63
21070	Fast foods, chimichanga, with beef	174.0	1.0 chimichanga	63
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	62
14066	Beverages, Protein powder whey based	32.0	0.33 cup	62

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	62
21147	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese- frozen	130.0	1.0 piece 4" x 6"	62
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	62
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	62
21148	School Lunch Pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese- frozen	127.0	1.0 piece 4"x6"	62
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	62
19117	Candies, halavah, plain	28.35	1.0 oz	62
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	62
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	62
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	61
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	61
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	61
11514	Sweet potato, canned, mashed	255.0	1.0 cup	61
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	61
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	61
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	61
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	61
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	61
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	61
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	61
21146	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza- frozen	156.0	1.0 slice 1/8 per pizza	61
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	61
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	61
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	61
09040	Bananas, raw	225.0	1.0 cup, mashed	61
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	61
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	61
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	60
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	60
20101	Macaroni, protein-fortified, dry, enriched, (n x 5.70)	93.0	1.0 cup small shells	60
20301	Macaroni, protein-fortified, dry, enriched, (n x 6.25)	93.0	1.0 cup small shells	60
21071	Fast foods, chimichanga, with beef and cheese	183.0	1.0 chimichanga	60
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	60
21067	Fast foods, burrito, with beef and chili peppers	201.0	2.0 pieces	60
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	60

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	60
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	60
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	60
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	60
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	60
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	60
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	59
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	59
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	59
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	59
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	59
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	12.0 fl oz cup regular	59
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	59
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	59
21085	Fast foods, tostada, with beans and cheese	144.0	1.0 piece	59
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	59
09085	Currants, zante, dried	144.0	1.0 cup	59
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	59
21145	School Lunch Pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza- frozen	155.0	1.0 slice 1/8 per pizza	59
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	59
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	59
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	59
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	59
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	59
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	59
11525	Taro, tahitian, raw	125.0	1.0 cup slices	59
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	59
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	59
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	58
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	58
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	58
20013	Bulgur, cooked	182.0	1.0 cup	58
36027	DENNY'S, chicken strips	194.0	1.0 serving	58
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	58
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	58
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	58

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	58
09297	Raisins, golden seedless	165.0	1.0 cup, packed	58
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	58
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	58
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	58
11349	Poi	240.0	1.0 cup	58
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	58
42279	Babyfood, peas and brown rice	230.0	1.0 cup	58
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	58
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	58
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	57
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	57
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	57
11278	Okra, raw	100.0	1.0 cup	57
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	57
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	57
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	57
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	56
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	56
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	56
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	56
11424	Pumpkin, canned, without salt	245.0	1.0 cup	56
11846	Pumpkin, canned, with salt	245.0	1.0 cup	56
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	56
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	56
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	56
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	56
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	56
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	56
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	56
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	56
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	56
20499	Macaroni, dry, unenriched	105.0	1.0 cup elbow shaped	56
16055	Carob flour	103.0	1.0 cup	56
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	56
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	55

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11961	Hearts of palm, canned	146.0	1.0 cup	55
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	55
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	55
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	55
20061	Rice flour, white	158.0	1.0 cup	55
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	55
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	55
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	55
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	55
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	55
09059	Breadfruit, raw	220.0	1.0 cup	55
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	55
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	55
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	55
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	55
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	55
09277	Plantains, raw	148.0	1.0 cup, sliced	55
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	55
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	55
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	55
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	55
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	55
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	55
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	55
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	55
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	55
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	54
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	54
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	54
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	54
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	54
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	54
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	54
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	54
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	54
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	54

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	54
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	54
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	54
15044	Fish, ling, raw	85.0	3.0 oz	54
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	54
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	54
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	53
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	53
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	53
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	53
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	53
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	53
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	53
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	53
09298	Raisins, seedless	165.0	1.0 cup, packed	53
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	53
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	53
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	53
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	53
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	52
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	52
09043	Blackberry juice, canned	250.0	1.0 cup	52
20089	Wild rice, cooked	164.0	1.0 cup	52
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	52
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	52
21084	Fast foods, taco salad with chili con carne	261.0	1.5 cup	52
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	52
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	52
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	52
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	52
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	52
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	52
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	52
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	52
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	52
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	52

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	52
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	52
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	52
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	52
21083	Fast foods, taco salad	198.0	1.5 cup	51
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	51
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	51
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	51
14083	Beverages, Chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	51
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	51
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	51
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	51
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	51
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	51
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	51
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	51
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	51
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	51
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	51
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	51
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	51
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	51
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	51
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	51
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	51
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	51
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	51
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	51
21074	Fast foods, enchilada, with cheese	163.0	1.0 enchilada	51
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	50
20092	Pasta, corn, cooked	140.0	1.0 cup	50
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	50
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	50
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	50
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	50
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	50

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	50
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	50
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	50
01040	Cheese, swiss	132.0	1.0 cup, diced	50
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	50
21055	Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	417.0	1.5 cup	50
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	50
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	50
18968	Bagel, wheat	98.0	1.0 bagel	50
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	50
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	50
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	50
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	50
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	50
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	50
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	50
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	50
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	50
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	50
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	50
15005	Fish, bluefish, raw	150.0	1.0 fillet	50
09299	Raisins, seeded	165.0	1.0 cup, packed	50
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	50
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	49
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	49
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	49
36014	Restaurant, family style, french fries	170.0	1.0 serving	49
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	49
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	49
36036	Restaurant, family style, onion rings	259.0	1.0 serving	49
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	49
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	49
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	49
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	49

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	49
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	49
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	49
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	49
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	49
21057	Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese	326.0	1.5 cup	49
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	49
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	49
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	49
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	49
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	49
20015	Corn bran, crude	76.0	1.0 cup	49
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	49
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	49
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	49
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	49
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	49
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	49
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	48
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	48
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	48
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	48
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	48
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	48
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	48
01057	Eggnog	254.0	1.0 cup	48
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	48
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	48
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	48
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	48
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	48
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	48
22911	Chili, no beans, canned entree	240.0	1.0 cup	48
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	48
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	48
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	48

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	48
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	48
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	48
11304	Peas, green, raw	145.0	1.0 cup	48
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	48
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	48
09144	Jackfruit, raw	165.0	1.0 cup, sliced	48
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	48
16087	Peanuts, all types, raw	28.35	1.0 oz	48
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	48
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	48
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	48
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	48
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	48
36002	APPLEBEE'S, french fries	164.0	1.0 serving	48
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	48
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	47
43541	Ice creams, chocolate, rich	148.0	1.0 cup	47
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	47
08708	KELLOGG Mini-Wheats Frosted Bite Size Touch of Fruit Raisin	55.0	24.0 Biscuits (1 NLEA serving)	47
09315	Soursop, raw	225.0	1.0 cup, pulp	47
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	47
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	47
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	12.0 fl oz cup regular	47
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	47
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	47
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	47
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	47
15074	Fish, sablefish, raw	85.0	3.0 oz	47
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	47
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	47
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	47
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	47
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	47
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	47
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	47

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	47
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	47
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	46
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	46
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	46
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	46
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	46
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	46
11613	Borage, raw	89.0	1.0 cup (1" pieces)	46
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	46
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	46
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	46
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	46
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	46
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	46
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	46
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	46
20052	Rice, white, short-grain, raw	200.0	1.0 cup	46
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	46
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	46
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	46
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	46
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	46
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	46
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	46
08621	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle Mixed Berry	55.0	24.0 biscuits (1 NLEA serving)	46
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	46
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	46
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	46
21042	Fast foods, chili con carne	253.0	1.0 cup (8 fl oz)	46
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	46
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	45
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	45
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	45
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	45
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	45

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	45
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	45
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	45
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	45
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	45
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	45
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	45
11620	Drumstick pods, raw	100.0	1.0 cup slices	45
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	45
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	45
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	45
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	45
08616	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Cinnamon Streusel	54.0	23.0 biscuits (1 NLEA serving)	45
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	45
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	45
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	45
11963	Nopales, raw	86.0	1.0 cup, sliced	45
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	45
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	45
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	45
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	45
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	45
36610	DENNY'S, french fries	165.0	1.0 serving	45
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	45
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	45
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	45
18283	Muffins, oat bran	28.35	1.0 oz	45
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	44
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	44
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	44
14287	Lemonade, powder	18.0	1.0 serving	44
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	44
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	44
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	44
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	44
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	44

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	44
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	44
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	170.0	1.0 chop	44
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	44
01109	Milk, sheep, fluid	245.0	1.0 cup	44
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	44
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	44
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	44
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	44
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	44
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	44
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	44
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	44
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	44
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	44
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	44
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	44
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	44
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	44
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	44
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	44
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	44
42186	Frozen yogurts, chocolate	174.0	1.0 cup	44
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	44
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	43
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	43
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	43
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	43
15129	Fish, turbot, european, raw	85.0	3.0 oz	43
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	43
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	43
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	43
11134	Cassava, raw	206.0	1.0 cup	43
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	43
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	43
11426	Pumpkin pie mix, canned	270.0	1.0 cup	43

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16597	MORNINGSTAR FARMS Entree Chili, frozen, unprepared	254.0	1.0 Cup	43
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	43
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	43
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	43
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	43
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	43
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	43
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	43
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	43
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	43
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	43
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	43
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	43
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	43
20054	Rice, white, glutinous, raw	185.0	1.0 cup	43
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	42
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	42
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	42
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	42
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	42
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	42
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	42
11033	Beans, lima, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	42
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	42
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	42
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	42
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	42
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	42
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	42
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	42
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	42
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	42
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	42
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	42

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	42
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	42
20123	Spaghetti, protein-fortified, cooked, enriched (N x 5.70)	140.0	1.0 cup	42
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	42
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	42
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	42
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	42
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	42
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	42
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	42
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	42
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	42
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	42
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	42
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	42
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	42
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	42
11973	Beans, fava, in pod, raw	126.0	1.0 cup	42
09140	Guavas, strawberry, raw	244.0	1.0 cup	41
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	41
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	41
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	41
21073	Fast foods, chimichanga, with beef, cheese, and red chili peppers	180.0	1.0 chimichanga	41
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	41
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	41
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	41
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	41
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	41
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	41
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	41
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	41
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	41
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	41
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	41
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	41
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	41

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	41
35147	Tamales (Navajo)	186.0	1.0 piece	41
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	41
21128	Fast foods, corn on the cob with butter	146.0	1.0 ear	41
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	41
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	41
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	41
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	41
11658	Spinach souffle	136.0	1.0 cup	41
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	41
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	41
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	41
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	41
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	41
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	41
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	40
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	40
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	40
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	40
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	40
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	40
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	40
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	40
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	40
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	40
08597	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Frosted Shredded Wheat	60.0	1.0 cup (1 NLEA serving)	40
11972	Lemon grass (citronella), raw	67.0	1.0 cup	40
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	40
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	40
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	40
11199	Yardlong bean, raw	91.0	1.0 cup slices	40
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	40
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	40
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	40
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	40
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	40

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	40
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	40
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	40
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	40
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	40
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	40
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	40
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	40
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	40
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	40
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	40
16421	Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash	28.35	1.0 oz	40
21503	KASHI Pizza, Mediterranean	120.0	0.33 pizza	40
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	40
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	40
11878	Taro, cooked, with salt	132.0	1.0 cup slices	40
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	40
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	40
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	40
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	39
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	39
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	39
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	39
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	39
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	39
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	39
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	39
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	39
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	39
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	39
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	39
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	39
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	170.0	1.0 chop	39
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	39
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	39

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	39
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	39
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	39
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	39
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	39
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	39
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	39
16238	SILK Light Plain, soymilk	243.0	1.0 cup	39
16235	SILK Plain, soymilk	243.0	1.0 cup	39
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	39
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	39
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	39
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	39
16236	SILK Vanilla, soymilk	243.0	1.0 cup	39
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	39
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	39
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	39
16237	SILK Chocolate, soymilk	243.0	1.0 cup	39
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	39
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	39
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	39
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	39
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	39
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	39
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	39
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	39
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	39
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	39
20105	Macaroni, vegetable, dry, enriched	84.0	1.0 cup spiral shaped	39
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	39
11298	Parsnips, raw	133.0	1.0 cup slices	39
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	38
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	38
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	38
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	38
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	38

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	38
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	38
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	38
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	38
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	38
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	38
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	38
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	38
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	38
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	38
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	38
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	38
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	38
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	38
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	38
15022	Fish, cusk, raw	122.0	1.0 fillet	38
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	38
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	38
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	38
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	38
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	38
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	38
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	38
21056	Fast foods, salad, vegetable, tossed, without dressing, with shrimp	236.0	1.5 cup	38
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	38
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	38
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	38
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	38
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	38
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	38
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	38
11414	Potato salad, home-prepared	250.0	1.0 cup	38
06165	Sauce, homemade, white, thin	250.0	1.0 cup	38
11656	Corn pudding, home prepared	250.0	1.0 cup	38
21036	Fast foods, chicken, breaded and fried, light meat (breast or wing)	163.0	2.0 pieces	37

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	37
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	37
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	37
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	37
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	37
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	37
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	37
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	37
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	37
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	37
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	37
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	37
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	37
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	37
15006	Fish, burbot, raw	116.0	1.0 fillet	37
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	37
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	37
20122	Spaghetti, protein-fortified, dry, enriched (n x 5.70)	57.0	2.0 oz	37
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	37
21035	Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)	148.0	2.0 pieces	37
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	137.0	1.0 chop	37
01035	Cheese, provolone	132.0	1.0 cup, diced	37
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	37
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	37
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	37
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	37
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	37
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 Package	37
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	37
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	37
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	37
12071	Nuts, almond paste	28.35	1.0 oz	37
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	37
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	37
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	37
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	37

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	37
11549	Tomato products, canned, sauce	245.0	1.0 cup	37
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	37
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	37
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	37
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	37
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	37
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	37
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	37
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	37
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	37
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	37
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	37
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	37
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	37
09428	Rowal, raw	114.0	0.5 cup	36
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	36
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	36
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	36
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	36
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	36
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	36
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	36
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	36
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	36
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	36
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	36
21139	Fast foods, potato, mashed	242.0	1.0 cup	36
09139	Guavas, common, raw	165.0	1.0 cup	36
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	36
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	36
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	36
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	36
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	36
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	36
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	36

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	36
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	36
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	36
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	36
09294	Prune juice, canned	256.0	1.0 cup	36
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	36
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	36
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	36
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	36
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	36
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	36
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	36
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	36
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	36
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	36
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	36
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	36
01009	Cheese, cheddar	132.0	1.0 cup, diced	36
01025	Cheese, monterey	132.0	1.0 cup, diced	36
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	36
01030	Cheese, muenster	132.0	1.0 cup, diced	36
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	36
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	36
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	36
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	35
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	35
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	35
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	35
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	35
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	35
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	35
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	35
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	35
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	35
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	35
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	35

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11230	Pepeao, dried	24.0	1.0 cup	35
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	35
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	35
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	35
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	35
06166	Sauce, homemade, white, medium	250.0	1.0 cup	35
06167	Sauce, homemade, white, thick	250.0	1.0 cup	35
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	35
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	35
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	35
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	35
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	35
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	35
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	35
15001	Fish, anchovy, european, raw	85.0	3.0 oz	35
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	35
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	35
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	35
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	35
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	35
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	35
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	35
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	35
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	35
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	35
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	35
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	35
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	35
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	35
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	35
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	35
21102	Fast foods, chicken fillet sandwich, plain	182.0	1.0 sandwich	35
20006	Barley, pearled, cooked	157.0	1.0 cup	35
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	34
20102	Macaroni, protein-fortified, cooked, enriched, (n x 5.70)	115.0	1.0 cup small shells	34
20302	Macaroni, protein-fortified, cooked, enriched, (n x 6.25)	115.0	1.0 cup small shells	34

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	34
11518	Taro, raw	104.0	1.0 cup, sliced	34
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	34
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	34
01011	Cheese, colby	132.0	1.0 cup, diced	34
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	34
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	34
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	34
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	34
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	34
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	34
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	137.0	1.0 chop	34
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	34
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	34
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	34
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	34
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	34
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	34
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	34
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item 6.314 oz	34
05626	Emu, full rump, raw	85.0	3.0 oz	34
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	34
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	34
11215	Garlic, raw	136.0	1.0 cup	34
01032	Cheese, parmesan, grated	100.0	1.0 cup	34
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	34
15004	Fish, bass, striped, raw	85.0	3.0 oz	34
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	34
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	34
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	34
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	34
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	34
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	34
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	34
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	34
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	34

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	34
21268	TACO BELL, Nachos	80.0	1.0 serving	34
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	34
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	34
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	34
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	34
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	34
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	34
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	34
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	34
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	34
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	34
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	146.0	1.0 chop	34
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	34
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	34
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	34
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	33
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	33
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	33
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	33
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	33
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	33
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	33
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	33
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	33
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	33
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	33
36031	DENNY'S, onion rings	166.0	1.0 serving	33
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	33
15271	Crustaceans, shrimp, untreated, cooked	85.0	3.0 oz	33
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	33
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	33
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	33
11655	Carrot juice, canned	236.0	1.0 cup	33
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	33
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	33

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
01094	Milk, buttermilk, dried	30.0	0.25 cup	33
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	33
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	33
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	33
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	33
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	33
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	33
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	33
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	33
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218.0	1.5 cup	33
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	33
20065	Rye flour, light	102.0	1.0 cup	33
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	33
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	33
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	33
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	33
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	33
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	33
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	32
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	32
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	32
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	32
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	32
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	32
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	32
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	32
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	32
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	32
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	32
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	32
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	32
15194	Fish, dolphinfish, cooked, dry heat	85.0	3.0 oz	32
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	32
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	32

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	32
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	32
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	32
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	32
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	32
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 Entre	32
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	32
36030	DENNY'S, hash browns	124.0	1.0 serving	32
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	32
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	32
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	32
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	32
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	32
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	32
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	32
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	32
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	32
19081	Candies, sweet chocolate	28.35	1.0 oz	32
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	32
11618	Eppaw, raw	100.0	1.0 cup	32
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	32
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	32
21251	BURGER KING, Cheeseburger	133.0	1.0 item	32
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	32
14351	Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	32
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	32
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	32
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	32
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	32
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	32
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	32
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	32
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	32
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	32

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	32
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	32
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	32
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	32
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	32
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	32
16130	Okara	122.0	1.0 cup	32
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	32
01005	Cheese, brick	132.0	1.0 cup, diced	32
01034	Cheese, port de salut	132.0	1.0 cup, diced	32
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	32
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	32
21058	Fast foods, scallops, breaded and fried	144.0	6.0 pieces	32
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	32
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	32
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	32
11601	Yam, raw	150.0	1.0 cup, cubes	32
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	32
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	32
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	32
15267	Fish, pollock, Alaska, untreated, cooked	85.0	3.0 oz	31
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	31
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	31
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	31
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	31
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	31
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	31
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	31
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	31
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	31
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	31
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	31
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	31
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	31
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	31

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15261	Fish, tilapia, raw	116.0	1.0 fillet	31
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	31
11080	Beets, raw	136.0	1.0 cup	31
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	31
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	31
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	31
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	31
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	31
11141	Celeriac, raw	156.0	1.0 cup	31
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	31
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	31
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	31
19147	Candies, peanut bar	28.35	1.0 oz	31
20111	Noodles, egg, spinach, dry, enriched	38.0	1.0 cup	31
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	31
21043	Fast foods, clams, breaded and fried	115.0	0.75 cup	31
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	31
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	31
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	107.0	1.0 chop	31
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	31
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	31
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	31
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	31
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	31
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	31
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	31
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	31
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	31
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	31
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	31
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	31
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	31
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	31

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	31
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	31
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	31
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	31
18235	Crackers, whole-wheat	28.0	1.0 serving	31
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	31
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	31
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	31
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	31
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	31
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	31
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	31
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	31
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	31
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	31
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	31
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	31
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	31
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	31
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	146.0	1.0 chop	31
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	31
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	31
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	31
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	31
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	31
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	31
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	31
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	31
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	31
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	31
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	31
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	31
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	31
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	31

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	31
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	30
09226	Papayas, raw	145.0	1.0 cup 1" pieces	30
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	30
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	30
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	30
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	30
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	30
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	30
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	30
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	30
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	30
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	30
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	30
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	30
20120	Spaghetti, dry, enriched	57.0	2.0 oz	30
20420	Spaghetti, dry, unenriched	57.0	2.0 oz	30
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	30
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	30
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	30
25024	Pretzels, soft, unsalted	143.0	1.0 large	30
43109	Pretzels, soft	143.0	1.0 large	30
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	30
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	30
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	30
11297	Parsley, fresh	60.0	1.0 cup chopped	30
11697	Arrowroot, raw	120.0	1.0 cup, sliced	30
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	30
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	107.0	1.0 chop	30
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	30
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	30
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	30
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	30
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	30
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	30
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	30

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 Patty	30
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	30
18448	Taco shells, baked, without added salt	28.35	1.0 oz	30
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	30
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	30
15270	Crustaceans, shrimp, untreated, raw	85.0	3.0 oz	30
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	30
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	30
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	30
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	30
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	30
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	30
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	30
15269	Fish, cod, Pacific, untreated, cooked	85.0	3.0 oz	30
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	30
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	30
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	30
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	30
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	30
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	30
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	30
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	30
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	30
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	30
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	30
09128	Grapefruit juice, white, raw	247.0	1.0 cup	30
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	30
14421	Coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	30
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	30
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	30
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	30
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	30
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	29
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	29
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	29

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11504	Swamp cabbage, cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	29
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	29
11873	Swamp cabbage, cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	29
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	29
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	29
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	29
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	29
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	29
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	29
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	29
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	29
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	29
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	29
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	29
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	29
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	29
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	29
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	29
11427	Purslane, raw	43.0	1.0 cup	29
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	29
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	29
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	29
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	29
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	29
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	29
11147	Chard, swiss, raw	36.0	1.0 cup	29
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	29
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	29
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	29
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	29
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	29
09311	Roselle, raw	57.0	1.0 cup, without refuse	29
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	29
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	29
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	29
09002	Acerola juice, raw	242.0	1.0 cup	29

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	29
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	29
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	29
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	29
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	29
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	29
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	29
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	29
09313	Sapodilla, raw	241.0	1.0 cup, pulp	29
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	29
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	29
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	29
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	29
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	29
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	29
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	29
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	29
01133	Egg, whole, dried	85.0	1.0 cup, sifted	29
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	29
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	29
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	29
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	29
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	29
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	29
15266	Fish, pollock, Alaska, untreated, raw	85.0	3.0 oz	29
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	29
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	29
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	29
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	29
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	29
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	29
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	29
09042	Blackberries, raw	144.0	1.0 cup	29
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	29

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	29
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	29
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	29
16100	Peanut flour, low fat	60.0	1.0 cup	29
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	29
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	29
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	29
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	29
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	29
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	29
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	29
43128	Chicken, meatless	168.0	1.0 cup	29
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	29
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	29
11741	Broccoli, stalks, raw	114.0	1.0 stalk	28
01019	Cheese, feta	150.0	1.0 cup, crumbled	28
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	28
11248	Lentils, sprouted, raw	77.0	1.0 cup	28
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	28
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	28
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	28
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	28
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	28
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	28
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	28
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	28
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	28
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	28
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	28
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	28
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	28
01024	Cheese, limburger	134.0	1.0 cup	28
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	28
18980	KASHI, Original Waffle	72.0	2.0 pieces	28
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	28
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	28

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05621	Emu, ground, raw	117.0	1.0 patty	28
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	28
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	28
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	28
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	28
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	28
15273	Fish, salmon, sockeye, untreated, cooked	85.0	3.0 oz	28
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	28
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	28
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	28
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	28
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	28
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	28
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	28
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	28
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	28
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	28
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	28
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	28
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	28
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	28
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	28
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	28
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	28
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	28
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	28
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	28
11435	Rutabagas, raw	140.0	1.0 cup, cubes	28
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	28
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	28
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	28
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	28
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	28
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	28
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	28

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	28
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	28
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	28
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	28
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	28
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	28
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	28
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	28
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	28
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	28
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	28
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	28
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	28
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	28
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	28
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	28
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	28
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	28
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	28
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	28
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	28
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	28
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	28
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	28
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	28
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	28
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	28
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	28
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	28
09510	Pineapple juice, DOLE, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	28
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	28
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	27
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	27
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	27
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	27
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	27

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	27
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	27
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	27
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	27
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	27
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	27
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	27
09427	Abiyuch, raw	114.0	0.5 cup	27
16104	Bacon, meatless	144.0	1.0 cup	27
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	27
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	27
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	27
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	27
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	27
09206	Orange juice, raw	248.0	1.0 cup	27
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	27
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	27
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	27
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	27
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	27
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	27
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	27
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	27
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	27
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	27
09062	Cherimoya, raw	160.0	1.0 cup, pieces	27
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	27
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	27
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	27
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	27
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	27
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	27
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	27
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	27
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	27
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	27

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	27
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	27
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	27
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	27
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	27
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	27
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	27
15049	Fish, mackerel, king, raw	85.0	3.0 oz	27
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	27
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	27
15097	Fish, sheepshead, raw	85.0	3.0 oz	27
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	27
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	27
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	27
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	27
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	27
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	27
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	27
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	27
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	27
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	27
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	27
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	27
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	27
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	27
09302	Raspberries, raw	123.0	1.0 cup	27
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	27
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	27
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	27
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	27
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	27
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	27
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	27
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	27
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	27
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	27

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	27
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	27
09083	Currants, european black, raw	112.0	1.0 cup	27
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	27
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	27
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	27
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	27
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	27
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	27
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	27
15103	Fish, spot, raw	64.0	1.0 fillet	27
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	27
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	27
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	27
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	27
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	27
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	27
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 Burger	27
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	27
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	27
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	27
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	27
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	27
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	27
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	27
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	27
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	27
11987	Mushrooms, oyster, raw	148.0	1.0 large	27
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	27
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	27
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	27
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	27

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	27
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	27
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	27
11086	Beet greens, raw	38.0	1.0 cup	27
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	27
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	27
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	27
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	26
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	26
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	26
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	26
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	26
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26
20030	Hominy, canned, white	165.0	1.0 cup	26
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	26
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 Meatballs	26
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	26
14075	Beverages, water, bottled, naturally sparkling (carbonated), mineral	240.0	8.0 fl oz	26
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	26
17142	Veal, ground, raw	85.0	3.0 oz	26
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	26
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	26
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	26
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	26
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	26
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	26
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	26
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	26
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	26
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	26
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	26
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	26
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	26
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	26

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05625	Emu, flat fillet, raw	85.0	3.0 oz	26
15062	Fish, pike, northern, raw	85.0	3.0 oz	26
21238	McDONALD'S, french fries	71.0	1.0 small serving	26
16598	MORNINGSTAR FARMS Bacon, Egg & Cheese Biscuit, frozen, unprepared	105.0	1.0 Biscuit	26
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	26
19349	Syrups, corn, dark	328.0	1.0 cup	26
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	26
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	26
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	26
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	26
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	26
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	26
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	26
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	26
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	26
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	26
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	26
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	26
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	26
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	26
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	26
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	26
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	26
43132	Meatballs, meatless	144.0	1.0 cup	26
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	26
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	26
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	26
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	26
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	26
21013	Fast foods, croissant, with egg, cheese, and ham	152.0	1.0 croissant	26
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	26
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	26
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	26
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	26
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	26
21117	Fast foods, ham, egg, and cheese sandwich	143.0	1.0 sandwich	26

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	26
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	26
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	26
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	26
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	26
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	26
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	26
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	26
11241	Kohlrabi, raw	135.0	1.0 cup	26
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	26
20330	Hominy, canned, yellow	160.0	1.0 cup	26
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	26
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	26
14169	Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	26
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	26
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	26
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	26
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	26
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	26
15094	Fish, shad, american, raw	85.0	3.0 oz	26
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	26
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	26
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	26
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	26
15107	Fish, sucker, white, raw	85.0	3.0 oz	26
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	26
15053	Fish, milkfish, raw	85.0	3.0 oz	26
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	26
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	26
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	26
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	26
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	26
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	26
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	26
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	26
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	26

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	26
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	26
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	26
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	26
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	26
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	26
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	26
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	26
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	26
15064	Fish, pike, walleye, raw	85.0	3.0 oz	26
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	26
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	26
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	26
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	26
15272	Fish, salmon, sockeye, untreated, raw	85.0	3.0 oz	26
15023	Fish, dolphinfish, raw	85.0	3.0 oz	26
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	26
05631	Emu, oyster, raw	85.0	3.0 oz	26
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	26
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	26
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	26
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	26
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	26
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	25
21149	School Lunch Pizza, TONY'S Breakfast Pizza Sausage- frozen	91.0	1.0 piece 3.2 oz	25
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	25
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	25
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	25
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	25
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	25
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	25
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	25
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	25
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	25
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	25
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	25

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	25
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	25
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	25
09512	Grape juice, canned or bottled, with added ascorbic acid and calcium	253.0	1.0 cup	25
14632	Meal supplement drink, NESTLE, SUPLIGEN, canned, peanut flavor	158.0	1.0 cup	25
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	25
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	25
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	25
09190	Mulberries, raw	140.0	1.0 cup	25
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	25
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	25
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	25
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	25
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	25
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	25
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	25
20521	Spaghetti, cooked, unenriched, with added salt	140.0	1.0 cup	25
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	25
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	25
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	25
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	25
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	25
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	25
11376	Potatoes, canned, drained solids	180.0	1.0 cup	25
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	25
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	25
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	25
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	25
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	25
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	25
21046	Entrees, crab cake	60.0	1.0 cake	25
20421	Spaghetti, cooked, unenriched, without added salt	140.0	1.0 cup	25
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	25
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	25
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	25

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	25
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	25
05157	Quail, meat and skin, raw	109.0	1.0 quail	25
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	25
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	25
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	25
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	25
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	25
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 Burger	25
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	25
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	25
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	25
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	25
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	25
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	25
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	25
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	25
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	25
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	25
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	25
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	113.0	4.0 oz	25
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	25
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	25
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	25
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	25
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	25
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	113.0	4.0 oz	25
23415	Beef, New Zealand, imported, heart, raw	113.0	4.0 oz	25
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	25
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	25
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	25
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	25

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 Patty	25
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	25
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	25
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	25
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	25
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	25
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	25
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	25
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	25
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	25
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	25
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	25
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	25
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	25
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	25
15110	Fish, swordfish, raw	85.0	3.0 oz	25
15008	Fish, carp, raw	85.0	3.0 oz	25
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	25
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	25
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	25
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	25
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	25
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	25
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	25
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	25
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	25
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	25
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	25
05630	Emu, outside drum, raw	85.0	3.0 oz	25
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	25
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	25
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	25
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	25
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	25

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	25
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	25
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	25
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	25
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	25
01173	Egg, white, dried	28.0	1.0 oz	25
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	25
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	25
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	25
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	25
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	25
01112	Whey, acid, fluid	246.0	1.0 cup	25
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	25
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	25
19238	Candies, REESE'S BITES	39.0	16.0 pieces	25
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	25
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	24
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	24
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	24
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	24
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	24
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	24
36019	APPLEBEE'S, chili	136.0	1.0 cup	24
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	24
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	24
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	24
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	24
36039	Restaurant, family style, hash browns	94.0	1.0 cup	24
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	24
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	24
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	24
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	24
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	24
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	24
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	24
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	24
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	24
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	24
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	24
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	24
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	24
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	24
28307	Bread, naan (Indian bread), plain, commercially prepared, refrigerated	90.0	1.0 piece	24
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	24
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	24
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	24
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	24
11015	Asparagus, canned, drained solids	242.0	1.0 cup	24
11693	Tomatoes, crushed, canned	121.0	0.5 cup	24
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	24
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	24
20051	Rice, white, medium-grain, cooked	186.0	1.0 cup	24
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	24
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	24
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	24
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	24
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	24
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	24
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	24
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	24
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	24
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	24
09508	Juice Smoothie, NAKED JUICE, GREEN MACHINE	240.0	8.0 fl oz	24
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	24
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	24
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	24
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	24
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	24
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	24
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	24
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	24
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	24
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	24
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	24
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	24
14080	Beverages, NESTLE, Ovaltine, rich chocolate, powder	11.0	2.0 tbsp	24
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	24
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	24
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	24
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	24
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	24
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217.0	1.5 cup	24
21514	KASHI Pizza, Tikka Masala, single serve	159.0	1.0 Pizza	24
21513	KASHI Pizza, Greek Tzatziki, single serve	149.0	1.0 Pizza	24
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	24
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	24
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	24
19524	Snacks, taro chips	28.35	1.0 oz	24
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	24
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	24
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	24
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	24
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	24
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	24
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	24
09205	Oranges, raw, with peel	170.0	1.0 cup	24
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	24
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	24
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	24
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	24
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	24
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	24
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	24
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	24
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	24
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	24
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	24
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	24
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	24
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	24
15268	Fish, cod, Pacific, untreated, raw	85.0	3.0 oz	24
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	24
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	24
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	24
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	24
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	24
15112	Fish, tilefish, raw	85.0	3.0 oz	24
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	24
05159	Quail, breast, meat only, raw	85.0	3.0 oz	24
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	24
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	24
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	24
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	24
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	24
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	24
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	24
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	24
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	24
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	24
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	24
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	24
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	24

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	24
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	24
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	24
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	113.0	4.0 oz	24
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	24
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	24
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	24
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	24
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	24
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	24
11457	Spinach, raw	30.0	1.0 cup	24
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	24
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	24
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	24
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	24
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	24
21048	Fast foods, oysters, battered or breaded, and fried	139.0	6.0 pieces	24
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	24
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	24
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	24
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	24
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	24
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	24
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	24
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	24
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	24
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	24
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	23
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	23
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	23
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	23
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	23
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 Patty	23
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	23
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	23
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	23
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	23
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	23
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	23
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	23
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	23
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	23
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	23
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	23
12059	Nuts, acorns, dried	28.35	1.0 oz	23
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	23
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	23
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	23
21012	Fast foods, croissant, with egg, cheese, and bacon	129.0	1.0 croissant	23
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	23
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	23
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	23
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	23
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	23
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	23
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	23
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	23
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	23
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	23
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	23
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	23
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	23
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	23
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	23
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	23

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	23
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	23
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	23
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	23
05158	Quail, meat only, raw	92.0	1.0 quail	23
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	23
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	23
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	23
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	23
18066	Bread, wheat bran	28.35	1.0 oz	23
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	23
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	23
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	23
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	23
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	23
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	23
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	23
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	23
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	23
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	23
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	23
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	23
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	23
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	23
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	23
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	23
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	23
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	23
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	23
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	23

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	23
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	23
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	23
15083	Fish, salmon, pink, raw	85.0	3.0 oz	23
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	23
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	23
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	23
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	23
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	23
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	23
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	23
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	23
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	23
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	23
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	23
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	23
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	23
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	23
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	23
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	23
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	23
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	23
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	23
18459	Breakfast tart, low fat	52.0	1.0 tart	23
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	23
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	23
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	23
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	23
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	23

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	23
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	23
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	23
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	23
18059	Bread, rice bran	28.35	1.0 oz	23
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	23
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	23
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	23
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	23
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	23
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	23
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	23
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	23
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	23
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	23
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	113.0	4.0 oz	23
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	23
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	23
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	23
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	23
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	113.0	4.0 oz	23
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	23
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	23
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	23
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	23
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23
21501	KASHI Pizza, Margherita	113.0	0.33 pizza	23
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	23
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	23
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	23
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	23
05150	Goose, liver, raw	94.0	1.0 liver	23
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	22
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	22
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	22
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	22
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	22
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	22
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	22
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	22
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	22
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	22
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	22
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	22
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	22
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	22
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	22
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	22
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	22
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	22
43483	Millet, puffed	21.0	1.0 cup	22
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	22
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	22
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	22
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 Burger	22
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	22
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	22
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	22
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	22
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	22
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	22
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	22
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	22
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	22
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	22
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	22
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	22
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	22
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	22
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	22
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	22
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	22
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	22
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	22
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	22
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	22
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	22
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	22
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	22
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	22
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	22
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	22
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	22
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	22
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	22
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	22
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	22
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22
23414	Beef, New Zealand, imported, heart, cooked, boiled	85.0	3.0 oz	22
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	22
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	22
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	22
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	22
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	22
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	22
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	22
15045	Fish, lingcod, raw	85.0	3.0 oz	22
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	22
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	22
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	22
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	22
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	22
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	22
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	22
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	22
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	22
05628	Emu, inside drum, raw	85.0	3.0 oz	22
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	22
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	22
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	22
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	22
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	22
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	22
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	22
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	22
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	22
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	22
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	22
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	22
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	22
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	22
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	22
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	22
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	22
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 Patty	22
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	22
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	22
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	22
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	22
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	22
21104	Fast foods, egg and cheese sandwich	146.0	1.0 sandwich	22
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	22
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	22
09334	Feijoa, raw	243.0	1.0 cup, pureed	22
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	22
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	22
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	22
21047	Entrees, fish fillet, battered or breaded, and fried	91.0	1.0 fillet	22
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	22
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	22
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	22
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	22
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item 6.42 oz	22
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	22
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	22
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	22
05641	Ostrich, ground, raw	109.0	1.0 patty	22
09035	Apricots, frozen, sweetened	242.0	1.0 cup	22
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	22
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	22
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	22
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	22
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	22
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	22
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	22
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	22
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	22
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	22
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	22
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	22

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	22
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	22
19400	Snacks, banana chips	28.35	1.0 oz	22
18384	Bread, rice bran, toasted	28.35	1.0 oz	22
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	21
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	21
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	21
23445	Beef, New Zealand, imported, tripe uncooked, raw	113.0	4.0 oz	21
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	21
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	21
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	113.0	4.0 oz	21
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	21
23425	Beef, New Zealand, imported, liver, raw	113.0	4.0 oz	21
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	21
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	21
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	21
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	21
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	21
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	21
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	21
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	21
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	21
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	21
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	21
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	21
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	21
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	21
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	21
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	21
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	21
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	21
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	21
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	21
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	21
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	21
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	21
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	21
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	21
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	21
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	21
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	21
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	21
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	21
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	21
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	21
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	21
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	21

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	21
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	21
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	21
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	21
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	21
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	21
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	21
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	21
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	21
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	21
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	21
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	21
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	21
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	21
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	21
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	21
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	21
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	21
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	21

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	21
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	21
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	21
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	21
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	21
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	21
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	21
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	21
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	21
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	21
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	21
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	21
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	21
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	21
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	21
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	21
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	21
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	21
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	21
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	21
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	21
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	21
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	21
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	21
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	21
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	21
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	21
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	21
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	21
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	21
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	21
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	21
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	21
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	21
11986	Malabar spinach, cooked	44.0	1.0 cup	21
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	21
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	21
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	21
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	21
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	21
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	21
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	21
11976	Pepper, banana, raw	124.0	1.0 cup	21
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	21
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	21
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	21
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	21
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	21
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	21
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	21

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15075	Fish, sablefish, smoked	28.35	1.0 oz	21
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	21
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	21
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	21
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	21
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	21
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	21
21499	KASHI Pizza, Roasted Vegetable	116.0	0.33 pizza	21
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	21
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	21
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	21
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	21
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	21
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	21
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	21
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	21
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	21
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	21
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	21
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	21
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	21
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	21
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	21
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	21
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	21
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	21
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	21
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 Burger	21
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	20
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	20
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	20
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	20
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	20
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	20
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	20
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	20
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	20
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	20
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	20
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	20
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	20
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	20
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	20
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	20
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	20
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	20
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	20
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	20
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	20
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	20
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	20
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	20
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	20
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	20
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	20
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	20
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	20
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	20
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	20
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	20
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	20
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	20
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	20
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
05152	Guinea hen, meat only, raw	85.0	3.0 oz	20
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	20
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	20
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	20
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	20
19366	Toppings, pineapple	340.0	1.0 cup	20
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	20
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	20
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	20
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	20
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	20
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	20
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	20
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	20
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	20
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	20
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	20
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	20
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	20
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	20
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	20
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	20
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	20
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	20
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	20
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	20
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	20
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	20
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	20
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	20
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	20
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	20
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	20
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	20
23444	Beef, New Zealand, imported, tripe uncooked, cooked, boiled	85.0	3.0 oz	20
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	20
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	20
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	20
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	20
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	20
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	20
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	20
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	20
08605	Cereals ready-to-eat, KASHI, KASHI U	55.0	1.0 cup (1 NLEA serving)	20
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	20
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	20
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	113.0	4.0 oz	20
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	20
21500	KASHI Pizza, Mushroom Trio & Spinach	113.0	0.33 pizza	20
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	20
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	20
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	20
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	20
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	20
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	20
01238	Ice cream sandwich	70.0	1.0 serving	20
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	20
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	20
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	20
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	20
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	20
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	20
11098	Brussels sprouts, raw	88.0	1.0 cup	20
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	20
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	20
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	20
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	20
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	20
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	20
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	20
18266	English muffins, whole-wheat	28.35	1.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
25027	Snacks, plantain chips, salted	28.35	1.0 oz	20
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	20
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	20
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	20
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	20
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	20
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	20
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	20
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	20
07056	Peppered loaf, pork, beef	100.0	3.52 slices	20
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	20
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	20
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	20
21249	BURGER KING, french fries	74.0	1.0 small serving	20
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	20
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	20
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	20
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	20
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	20
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	20
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	20
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	20
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	20
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	20
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	20
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	20
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	20
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 Patty	20
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	20
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	20
01021	Cheese, gjetost	28.35	1.0 oz	20
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	20
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	20
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	20
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	20
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	20
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	20
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	20
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	20
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	20
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	20
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	20
09221	Tangerine juice, raw	247.0	1.0 cup	20
09316	Strawberries, raw	152.0	1.0 cup, halves	20
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	20
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	20
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	20
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	20
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	20
01114	Whey, sweet, fluid	246.0	1.0 cup	20
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	20
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	20
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	20
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	20
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	20
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	20
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	20
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	20
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	20
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	20
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item 6.279 oz	20
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	20
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	20
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	20
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	20
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	20
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	20
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	20
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	20
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	20
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	20
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	20
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	20
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	20
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	20
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	20
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	20
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	20
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	20
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	20
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	20
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	20
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	20
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	20
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	20
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	20
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	20
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	20
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	20
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	20
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	20
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	20
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
17317	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	20
21504	KASHI Pizza, Four Cheese	115.0	0.33 pizza	20
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	20
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	20
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	20
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	20
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	20
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	20
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	20
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	20
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	20
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	20
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	20
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	20
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	20
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	20
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	20
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	20
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	20
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	20
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	20
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	20
15090	Fish, scup, raw	85.0	3.0 oz	20
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	20
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	20
43134	Vegetarian fillets	85.0	1.0 fillet	20
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	20
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	20
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	20
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	20
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	20
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	20
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	20
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	20
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	20
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	20
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	20
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	20

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	20
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	20
07215	OSCAR MAYER, Ham (water added, honey)	63.0	1.0 serving	20
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	20
07216	OSCAR MAYER, Ham (water added, smoked, cooked)	63.0	1.0 serving	20
07213	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	63.0	1.0 serving (3 slices)	20
14311	Malted drink mix, natural, powder, has milk	21.0	1.0 serving (3 heaping tsp or 1 envelope)	20
07214	OSCAR MAYER, Ham (water added, boiled)	63.0	1.0 serving	20
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	20
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	20
09153	Lemon juice, canned or bottled	244.0	1.0 cup	20
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	20
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	20
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	20
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	20
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	20
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	20
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	19
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	19
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	19
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	19
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	19
09174	Loquats, raw	149.0	1.0 cup, cubed	19
09160	Lime juice, raw	242.0	1.0 cup	19
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	19
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	19
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	19
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	19
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	19
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	19
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	19
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	19
21340	McDONALD'S, Sausage Burrito	113.0	1.0 item 3.993 oz	19
11978	Peppers, ancho, dried	17.0	1.0 pepper	19
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	19
23401	Beef, New Zealand, imported, brisket naval end, separable lean only, raw	113.0	4.0 oz	19

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	19
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	19
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	19
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	19
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	19
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	19
43144	Cabbage, mustard, salted	128.0	1.0 cup	19
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	19
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	19
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	19
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	19
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	19
11090	Broccoli, raw	91.0	1.0 cup chopped	19
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	19
43135	Sandwich spread, meatless	15.0	1.0 tbsp	19
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	19
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	19
11203	Cress, garden, raw	50.0	1.0 cup	19
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	19
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	19
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	19
09164	Litchis, raw	190.0	1.0 cup	19
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	19
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	19
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	19
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	19
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	19
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	19
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	19
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	19
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	19
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	19
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	19
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	19
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	19
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	19

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item 4.744 oz	19
18507	KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	19
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	19
11011	Asparagus, raw	134.0	1.0 cup	19
22971	Potato salad with egg	125.0	0.5 cup	19
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	19
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	19
07210	OSCAR MAYER, Chicken Breast (oven roasted, fat free)	52.0	1.0 serving	19
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	19
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	19
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	19
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	19
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	19
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	19
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	19
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	19
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	19
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	19
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	19
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	19
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	19
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	19
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	19
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	19
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	19
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	19
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	19
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19

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05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	19
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	19
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	19
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	19
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	19
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	19
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	19
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	19
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	19
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19
15079	Fish, salmon, chum, raw	85.0	3.0 oz	19
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	19
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	19
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	19
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	19
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	19
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	19
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	19
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	19

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	19
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	19
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	19
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	19
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	19
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	19
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	19
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	19
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	19
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	19
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	19
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	19
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	19
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	19
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	19
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	19
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	19
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	19
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	19
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	19
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	19
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	19
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	19
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	19
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	19
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	19
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	19
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	19
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	19
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	19
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	19
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	19
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	19
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	19
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	19
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	19
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	19
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	19
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	19
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	19
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	19
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	19
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	19
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	19
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	19
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	19
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	19
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	19
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	19
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	19
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	19
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	19
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	19
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	19
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	19
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	19
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	19
11430	Radishes, oriental, raw	116.0	1.0 cup slices	19
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	18
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	18
01020	Cheese, fontina	132.0	1.0 cup, diced	18
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	18
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	18
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	18
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	18
18043	Bread, protein (includes gluten)	28.35	1.0 oz	18
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	18
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	18
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	18
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	18
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	18
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	18
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	18
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	18
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	18
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	18
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	18
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	18
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	18
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	18
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	18
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	18
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	18
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	18
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	18
19415	Snacks, potato sticks	28.35	1.0 oz	18
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	18
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	18
23443	Beef, New Zealand, imported, tongue, raw	113.0	4.0 oz	18
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	18
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	18
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	18
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	18
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	18
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	18
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	18
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	18
11527	Tomatoes, green, raw	180.0	1.0 cup	18
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	18
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	18
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	18
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	18
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	18
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	18
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11270	Mustard greens, raw	56.0	1.0 cup, chopped	18
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	18
11231	Jute, potherb, raw	28.0	1.0 cup	18
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	18
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	18
18021	Bread, boston brown, canned	28.35	1.0 oz	18
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	18
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	18
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	18
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	18
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	18
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	18
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	18
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	18
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	18
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	18
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	18
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	18
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	18
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	18
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	18
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	18
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	18
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	18
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	18
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	18
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	18
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	18
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	18
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	18
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	18
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	18
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	18
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	18
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	18
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	18
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	18
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	18
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	18
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	18
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	18
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	18
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	18
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	18
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	18
15054	Fish, monkfish, raw	85.0	3.0 oz	18
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	18
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	18
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	18
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	18
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	18
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	18
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	18
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	18
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	18
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	18
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	18
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	18
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	18
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	18
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	18
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	18
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	18
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	18
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	18
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	18
23424	Beef, New Zealand, imported, liver, cooked, boiled	85.0	3.0 oz	18
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	18
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	18
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	18
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	18
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	18
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	18
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	18
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	18
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	18
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	18
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17315	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	18
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	18
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	18
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	18
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	18
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	18
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	18
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	18
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	18
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18
15033	Fish, haddock, raw	85.0	3.0 oz	18
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	18
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	18
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	18
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	18
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	18
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	18
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	18
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	18
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	18
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	18
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	18
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	18
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	18
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	18
12058	Nuts, acorns, raw	28.35	1.0 oz	18
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	18
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	18
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	18
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	18
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	18
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	18

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	17
09442	Pomegranate juice, bottled	249.0	1.0 cup	17
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	17
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	17
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	17
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	17
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	17
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	17
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	17
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	17
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	17
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	17
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	17
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	17
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	17
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	17
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	17
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	17
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	17
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	17
21509	BURGER KING, Onion Rings	91.0	1.0 small	17
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	17
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	17
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	17
14622	V8 V. FUSION Juices, Tropical	246.0	1.0 serving 8 oz	17
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	17
14620	V8 V. FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	17
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	17
14621	V8 V. FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	17
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	17
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	17
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	17
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	17
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	17
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	17
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	17
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	17
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	17
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	17
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	17
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	17
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	17
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	17
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	17
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	17
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	17
11568	Turnip greens, raw	55.0	1.0 cup, chopped	17
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	17
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	17
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	17
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	17
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	17
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	17
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	17
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	17
16129	Tofu, fried	28.35	1.0 oz	17
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	17
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	17
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	17
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	17
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	17
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	17
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	17
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	17
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	17
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	17
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	17
93600	Turtle, green, raw	85.0	3.0 oz	17
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	17
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	17
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	17
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	17
05154	Pheasant, raw, meat only	85.0	3.0 oz	17
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	17
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	17
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	17
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	17
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	17
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	17
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	17
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	17
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	17
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	17
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	17
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17261	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	17
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	17
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	17
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	17
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	17
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	17
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	17
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	17
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	17
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	17
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	17
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	17
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	17
07008	Bologna, beef and pork	100.0	3.527 oz	17
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	17
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
10158	USDA Commodity, pork, canned	85.0	3.0 oz	17
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	17
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	17
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	17
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	17
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	17
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	17
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	17
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	17
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	17
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	17
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	17
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	17
17259	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	17
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	17
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	17
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	17
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	17
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	17
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	17
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	17
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
10130	Canadian bacon, unprepared	85.0	3.0 oz	17
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	17
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	17
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	17
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	17
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	17
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	17
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	17
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	17
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	17
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	17
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	17
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	17
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	17
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	17
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	17
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	17
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	17
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	17
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	17
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	17
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	17
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	17
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	17
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	17
23423	Beef, New Zealand, imported, kidney, raw	113.0	4.0 oz	17
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	17
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	17
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	17
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	17
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	17
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	17
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	17
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	17
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	17
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	17
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	17
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	17
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	17
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	17
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	17
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	17
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	17
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	17
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	17
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	17
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	17
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	17
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	17
18065	Bread, wheat, toasted	28.35	1.0 oz	17
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	17
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	17
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	17
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	17
19080	Candies, semisweet chocolate	14.5	1.0 serving	17
09143	Guava sauce, cooked	238.0	1.0 cup	17
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	17
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	17
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	17
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	17
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	17
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	17

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	17
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	17
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	17
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	17
09176	Mangos, raw	165.0	1.0 cup pieces	16
21030	Fast foods, cookies, chocolate chip	55.0	1.0 box	16
01280	Yogurt, Greek, non fat, strawberry, DANNON OIKOS	150.0	5.3 oz	16
01275	Yogurt, Greek, non fat, vanilla, CHOBANI	150.0	5.3 oz	16
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	16
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	16
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	16
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	16
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	16
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	16
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	16
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	16
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	16
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	16
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	16
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	16
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	16
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	16
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	16
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	16
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	16
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	16
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	16
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	16
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	16
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	16
07260	LOUIS RICH, Turkey Breast (oven roasted, portion fat free)	56.0	1.0 serving	16
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	16
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	16
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16
21027	Fast foods, brownie	60.0	1.0 brownie (2" square)	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21023	Fast foods, french toast with butter	135.0	2.0 slices	16
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	16
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	16
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	16
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	16
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	16
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	16
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	16
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	16
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	16
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	16
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	16
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	16
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	16
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	16
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	16
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16
17255	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	16
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	16
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	16
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	16
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	16
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	16
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	16
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	16
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	16
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	16
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	16
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	16
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	16
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	16
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	16
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	16
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	16
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	16
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	16
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	16
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	16
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	16
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	16
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	16
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	16
15128	Fish, tuna salad	85.0	3.0 oz	16
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	16
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	16
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	16
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	16
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	16
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	16
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	16
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	16
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	16
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	16
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	16
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	16
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	16
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	16
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	16
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	16
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	16
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	16
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	16
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	16
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	16
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	16
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	16
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	16
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	16
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	16
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	16
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	16
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	16
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	16
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	16
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	16
21116	Fast foods, ham and cheese sandwich	146.0	1.0 sandwich	16
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	16
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	16
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	16
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	16
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve	160.0	1.0 Pizza	16
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	16
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	16
11282	Onions, raw	160.0	1.0 cup, chopped	16
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	16
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	16
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	16
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	16
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	16
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	16
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	16
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	16
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	16
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	16
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	16
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	16
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	16
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	16
08667	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS Brownie Crunch	27.0	0.75 cup (1 NLEA serving)	16
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	16
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	16
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	16
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	16
19036	Snacks, popcorn, cakes	10.0	1.0 cake	16
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	16
08684	Cereals ready-to-eat, CASCADIAN FARM, honey nut O's	30.0	1.0 cup (1 NLEA serving)	16
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	16
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	16
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	16
11969	Broccoli, chinese, cooked	88.0	1.0 cup	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	16
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	16
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	16
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	16
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	16
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	16
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	16
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	16
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	16
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	16
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	16
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	16
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	16
07258	LOUIS RICH, Turkey (honey roasted, fat free)	56.0	1.0 serving	16
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	16
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	16
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	16
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	16
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	16
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	16
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	16
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	16
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	16
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	16
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	16
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	16
07239	OSCAR MAYER, Turkey Breast (smoked, fat free)	52.0	1.0 serving 4 slices	16
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	16
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	16
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	16
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	16
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	16
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	16
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	16
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	16

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	16
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	16
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	16
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	16
21069	Fast foods, burrito, with fruit (apple or cherry)	155.0	1.0 burrito, large	16
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	16
09021	Apricots, raw	155.0	1.0 cup, halves	16
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	15
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	15
11003	Amaranth leaves, raw	28.0	1.0 cup	15
09326	Watermelon, raw	154.0	1.0 cup, balls	15
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	15
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	15
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	15
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	15
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	15
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	15
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	15
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	15
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	15
11124	Carrots, raw	128.0	1.0 cup chopped	15
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	15
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	15
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	15
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	15
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	15
18044	Bread, pumpernickel	28.35	1.0 oz	15
01156	Cheese, goat, hard type	28.35	1.0 oz	15
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	15
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	15
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	15
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	15
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	15
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	15
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	15
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	15
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	15
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	15
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	15
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	15
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	15
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	15
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	15
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	15
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	15
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	15
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	15
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	15
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	15
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	15
17265	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	15
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	15
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	15
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	15
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	15
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	15

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	15
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	15
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	15
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	15
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	15
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	15
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	15
23421	Beef, New Zealand, imported, kidney, cooked, boiled	85.0	3.0 oz	15
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	15
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	15
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	15
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	15
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	15
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	15
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	15
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	15
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	15
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	15
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	15
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	15
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	15
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	15
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	15
21127	Fast foods, coleslaw	191.0	1.0 cup	15
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	15
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	15
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	15
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	15
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	15
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	15
43382	Cranberry juice, unsweetened	253.0	1.0 cup	15

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	15
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	15
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	15
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	15
07262	LOUIS RICH, Turkey Breast (smoked, portion fat free)	56.0	1.0 serving	15
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	15
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	15
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	15
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	15
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	15
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	15
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	15
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	15
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	15
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	15
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	15
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	15
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	15
18157	Cookies, chocolate wafers	28.35	1.0 oz	15
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	15
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	15
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	15
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	15
09107	Gooseberries, raw	150.0	1.0 cup	15
01281	Yogurt, Greek, non fat, strawberry, CHOBANI	150.0	5.3 oz	15
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	15
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	15
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	15
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	15
01278	Yogurt, Greek, non fat, vanilla, DANNON OIKOS	150.0	5.3 oz	15
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	15
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	15
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	15
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	15
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	15
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	15

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
20053	Rice, white, short-grain, cooked	186.0	1.0 cup	15
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	15
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	15
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	15
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	15
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	15
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	15
11418	Pumpkin leaves, raw	39.0	1.0 cup	15
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	15
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	15
18177	Cookies, molasses	28.35	1.0 oz	15
18025	Bread, cracked-wheat	28.35	1.0 oz	15
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	15
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	15
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	15
14090	Beverages, Coconut water, ready-to-drink	245.0	1.0 cup	15
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	15
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	15
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	15
23449	Beef, New Zealand, imported, brisket naval end, separable lean and fat, raw	113.0	4.0 oz	15
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	15
09307	Rhubarb, raw	122.0	1.0 cup, diced	15
09152	Lemon juice, raw	244.0	1.0 cup	15
06034	Soup, crab, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	15
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	15
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	15
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	15
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	15
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	15
09084	Currants, red and white, raw	112.0	1.0 cup	15
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	14
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	14
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	14
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	14
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	14
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	14
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	14
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	14
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	14
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	14
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	14
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	14
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	14
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
23442	Beef, New Zealand, imported, tongue, cooked, boiled	85.0	3.0 oz	14
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	14
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	14
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	14
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14
15073	Fish, roughy, orange, raw	85.0	3.0 oz	14
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	14
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	14
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	14
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	14
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	14
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	14
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	14
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	14
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	14
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	14
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	14
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	14
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	14
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	14
07249	LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)	45.0	1.0 serving	14
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	14
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	14
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	14
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	14
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	14
11603	Yambean (jicama), raw	120.0	1.0 cup slices	14
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	14
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	14
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	14
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	14
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	14
11564	Turnips, raw	130.0	1.0 cup, cubes	14
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	14
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	14
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	14
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	14
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	14
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	14
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	14
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	14
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	14
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	14
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	14
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	14
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	14
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	14
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	14
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	14
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	14
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	14
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	14
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	14
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	14
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	14
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	14
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	14
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	14
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	14
07261	LOUIS RICH, Turkey Breast (Smoked, Carving Board)	45.0	1.0 serving	14
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	14
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	14
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	14
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	14
03213	Babyfood, cookies	28.35	1.0 oz	14
18172	Cookies, gingersnaps	28.35	1.0 oz	14
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	14
09236	Peaches, raw	154.0	1.0 cup slices	14
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	14
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	14
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	14
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	14
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	14
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	14
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	14
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	14
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	14
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	14
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
07912	Roast beef spread	57.0	1.0 serving .25 cup	14
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	14
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	14
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	14
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	14
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	14
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	14
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	14
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	14
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	14
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	14
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	14
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	14
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	14
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	14
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	14
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	14
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	14
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	14
19114	Ice creams, chocolate, light	68.0	1.0 serving	14
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	14
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	14
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	14
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	14
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	14
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	14
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	14
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	14
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	14
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	14
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	14
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	14
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	14
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	14
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	14
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	14
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	14

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	14
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	14
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	14
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	14
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	14
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	13
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	13
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	13
16589	MORNINGSTAR FARMS Veggie Italian Style Sausage, frozen, unprepared	64.0	1.0 link	13
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	13
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	13
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	13
15013	Fish, cisco, raw	79.0	1.0 fillet	13
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	13
07227	OSCAR MAYER, Salami Cotto (beef, pork, chicken)	46.0	1.0 serving 2 slices	13
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	13
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	13
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	13
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	13
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	13
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	13
11974	Grape leaves, raw	14.0	1.0 cup	13
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	13
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	13
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	13
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	13
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	13
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	13
21019	Fast foods, english muffin, with butter	63.0	1.0 muffin	13
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	13
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	13
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	13
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	13
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	13
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	13
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	13

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	13
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	13
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	13
11154	Chicory roots, raw	60.0	1.0 root	13
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	13
11106	Butterbur, (fuki), raw	94.0	1.0 cup	13
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	13
01239	Ice cream cookie sandwich	82.0	1.0 serving	13
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	13
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	13
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	13
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	13
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	13
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	13
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	13
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	13
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	13
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	13
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	13
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	13
09421	Dates, medjool	24.0	1.0 date, pitted	13
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	13
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	13
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	13
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	13
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	13
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	13
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	13
09191	Nectarines, raw	143.0	1.0 cup slices	13
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	13
11965	Cauliflower, green, raw	64.0	1.0 cup	13
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	13
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 Patty	13
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	13
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	13

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	13
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	13
18064	Bread, wheat	28.35	1.0 oz	13
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	13
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	13
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	13
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	13
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	13
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	13
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	13
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	13
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	13
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	13
11005	Arrowhead, raw	25.0	1.0 large	13
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	13
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	13
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	13
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	13
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	13
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	13
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	13
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	13
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	13
17263	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	13
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	13
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	13
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	13
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	13
17257	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	13
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	13
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	13
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	13
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	13
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	13
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	13
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	13
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	13
07217	OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)	47.0	1.0 serving	13
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	13
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	13
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	13
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	13
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	13
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	13
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	13
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	13
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	13
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	13
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	13
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	13
11520	Taro leaves, raw	28.0	1.0 cup	13
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	13
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	13
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	13
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	13
20029	Couscous, cooked	157.0	1.0 cup, cooked	13
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	13
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	13
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	13

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	13
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	13
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	13
11240	Mushrooms, morel, raw	66.0	1.0 cup	13
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	13
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	12
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	12
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	12
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	12
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	12
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	12
01033	Cheese, parmesan, hard	28.35	1.0 oz	12
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	12
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	12
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	12
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	12
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	12
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	12
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	12
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	12
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	12
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	12
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	12
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	12
21024	Fast foods, french toast sticks	65.0	3.0 pieces	12
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	12
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	12
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	12
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	12
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	12
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	12
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	12
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	12
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	12
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	12
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	12

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	12
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	12
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	12
01089	Milk, low sodium, fluid	244.0	1.0 cup	12
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	12
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	12
18061	Bread, rye, toasted	28.35	1.0 oz	12
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	12
15109	Fish, surimi	28.35	1.0 oz	12
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	12
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	12
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	12
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	12
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	12
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	12
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	12
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	12
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	12
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	12
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	12
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	12
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	12
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	12
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	12
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	12
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	12
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	12
18265	English muffins, wheat, toasted	28.35	1.0 oz	12
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	12
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	12
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	12
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	12
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	12
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	12

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	12
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	12
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	12
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	12
23399	Beef, New Zealand, imported, brisket naval end, separable lean only, cooked, braised	85.0	3.0 oz	12
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	12
07059	Polish sausage, pork	85.0	3.0 oz	12
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	12
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	12
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	12
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	12
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	12
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	12
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	12
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	12
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	12
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	12
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	12
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	12
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	12
25059	Snacks, brown rice chips	9.0	1.0 cake	12
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	12
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	12
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	12
19089	Ice creams, vanilla, rich	107.0	0.5 cup	12
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	12
07268	LOUIS RICH, Turkey Smoked Sausage	56.0	1.0 serving	12
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	12
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	12
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item 3.175 oz	12
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	12
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	12
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	12

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	12
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	12
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	12
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	12
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	12
01038	Cheese, romano	28.35	1.0 oz	12
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	12
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	12
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	12
18040	Bread, oatmeal, toasted	28.35	1.0 oz	12
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	12
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	12
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	12
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	12
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	12
11429	Radishes, raw	116.0	1.0 cup slices	12
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	12
28220	MURRAY, SUGAR FREE, Chocolate Bites Cookies	21.0	1.0 pouch	12
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	12
09279	Plums, raw	165.0	1.0 cup, sliced	12
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	12
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	12
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	12
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	11
11209	Eggplant, raw	82.0	1.0 cup, cubes	11
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	11
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	11
21052	Fast foods, salad, vegetable, tossed, without dressing	104.0	0.75 cup	11
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	11
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	11
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	11
07939	Frankfurter, pork	76.0	1.0 link	11
09295	Pummelo, raw	190.0	1.0 cup, sections	11
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	11
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	11
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 Corn Dog	11

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 Entre	11
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	11
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	11
18060	Bread, rye	28.35	1.0 oz	11
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	11
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	11
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	11
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	11
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	11
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	11
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	11
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	11
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	11
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	11
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	11
07245	OSCAR MAYER, Wieners (cheese hot dogs with turkey)	45.0	1.0 serving	11
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	11
07015	Brotwurst, pork, beef, link	70.0	1.0 link	11
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	11
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	11
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	11
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	11
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	11
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	11
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	11
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	11
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	11
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	11
11143	Celery, raw	101.0	1.0 cup chopped	11
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	11
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	11
18216	Crackers, crispbread, rye	14.2	0.5 oz	11
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	11
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	11
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	11
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	11

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
16122	Soy protein isolate	28.35	1.0 oz	11
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	11
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	11
16422	Soy protein isolate, potassium type	28.35	1.0 oz	11
25046	Snacks, bagel chips, plain	28.35	1.0 oz	11
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
15059	Fish, pout, ocean, raw	85.0	3.0 oz	11
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	11
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	11
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	11
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	11
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	11
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	11
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	11
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	11
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	11
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	11
09082	Cranberry-orange relish, canned	275.0	1.0 cup	11
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	11
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	11
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	11
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	11
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	11
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	11
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	11
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	11
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	11
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	11
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	11
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	11
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	11
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	11
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	11
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	11
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	11

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	11
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	11
43406	Yeast extract spread	6.0	1.0 tsp	11
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	11
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	11
18385	Bread, wheat germ, toasted	28.35	1.0 oz	11
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	11
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	11
21029	Fast foods, cookies, animal crackers	67.0	1.0 box	11
18360	Taco shells, baked	12.9	1.0 shell	11
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	11
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	11
11109	Cabbage, raw	89.0	1.0 cup, chopped	11
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	11
16158	Hummus, commercial	15.0	1.0 tbsp	11
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	11
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	11
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 Pieces	11
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	11
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	11
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	11
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	11
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	11
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	11
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	11
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	11
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	11
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	11
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	11
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	11
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	11
07246	OSCAR MAYER, Wieners (fat free hot dogs)	50.0	1.0 serving	10
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	10
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	10
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	10
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	10
18039	Bread, oatmeal	28.35	1.0 oz	10
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	10
25037	Snacks, pita chips, salted	28.35	1.0 oz	10
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	10
18264	English muffins, wheat	28.35	1.0 oz	10
19806	Snacks, popcorn, air-popped, white popcorn	8.0	1.0 cup	10
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	10
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	10
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	10
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	10
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	10
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	10
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	10
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	10
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	10
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	10
07253	LOUIS RICH, Franks (turkey and chicken)	45.0	1.0 serving	10
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	10
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	10
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	10
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	10
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	10
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	10
07244	OSCAR MAYER, Wieners (beef franks, light)	57.0	1.0 serving	10
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	10
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	10
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	10
19419	Snacks, corn cakes	9.0	1.0 cake	10
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	10
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	10
20094	Pasta, fresh-refrigerated, plain, cooked	57.0	2.0 oz	10
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	10
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	10
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	10
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19071	Candies, carob, unsweetened	28.35	1.0 oz	10
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	10
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	10
01023	Cheese, gruyere	28.35	1.0 oz	10
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	10
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	10
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	10
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	10
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	10
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	10
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	10
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	10
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	10
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	10
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	10
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	10
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	10
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	10
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	10
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	10
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	10
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	10
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	10
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	10
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	10
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	10
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
08546	Rice and Wheat cereal bar	22.0	1.0 bar	10
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	10
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	10
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	10
43405	Cheese, swiss, low sodium	28.0	1.0 slice	10
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	10
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	10
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	10
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	10
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	10
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	10
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	10
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	10
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	10
21420	KFC, Coleslaw	112.0	1.0 package	10
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	10
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	10
09437	Tamarind nectar, canned	251.0	1.0 cup	10
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	10
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	10
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	10
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	10
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	10
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	10
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	10
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	10
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	10
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	10
03216	Babyfood, teething biscuits	28.35	1.0 oz	10
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	10
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	10
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	10
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	10
18037	Bread, oat bran	28.35	1.0 oz	10
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	10
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	10
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	10
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	10
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	10
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	10
07252	LOUIS RICH, Franks (turkey and chicken cheese)	45.0	1.0 serving	10
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	10
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	10
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	10
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18963	Garlic bread, frozen	43.0	1.0 slice presliced	10
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	10
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	10
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	10
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	10
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	10
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	10
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	10
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	10
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	10
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	10
07257	LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)	28.0	1.0 serving	10
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	10
09252	Pears, raw	140.0	1.0 cup, slices	10
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	10
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	10
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	10
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	10
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	10
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	10
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	10
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	10
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	10
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	10
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	10
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	10
11161	Collards, raw	36.0	1.0 cup, chopped	10
02033	Spices, poppy seed	2.8	1.0 tsp	10
07247	OSCAR MAYER, Wieners (light pork, turkey, beef)	57.0	1.0 serving	10
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	10
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	10
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	10

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18038	Bread, oat bran, toasted	28.35	1.0 oz	10
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	10
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	10
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	10
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	10
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	10
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	10
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	10
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	10
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	10
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	10
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	10
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10
07243	OSCAR MAYER, Wieners (beef franks, fat free)	50.0	1.0 serving	10
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	10
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	9
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	9
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	9
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	9
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	9
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	9
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	9
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	9
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	9
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	9
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	9
18345	Rolls, dinner, oat bran	28.35	1.0 oz	9
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	9
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	9
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	9
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
23448	Beef, New Zealand, imported, brisket naval end, separable lean and fat, cooked, braised	85.0	3.0 oz	9
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	9

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	9
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	9
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	9
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	9
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	9
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	9
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	9
18952	Tostada shells, corn	12.3	1.0 piece	9
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	9
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	9
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	9
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	9
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	9
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	9
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	9
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	9
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	9
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	9
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	9
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	9
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	9
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	9
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	9
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	9
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	9
16587	MORNINGSTAR FARMS Breakfast Sausage Patties Maple Flavored, frozen, unprepared	38.0	1.0 Patty	9

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	9
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	9
11982	Peppers, pasilla, dried	7.0	1.0 pepper	9
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	9
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	9
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	9
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	9
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	9
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	9
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	9
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	9
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	9
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	9
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	9
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	9
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	9
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	9
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	9
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	9
80200	Frog legs, raw	45.0	1.0 leg	9
16107	Sausage, meatless	25.0	1.0 link	9
07024	Frankfurter, chicken	45.0	1.0 link	9
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	9
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	9
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	9
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	9
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	9
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	9
18971	Bread, potato	32.0	1.0 slice	9
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	9
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	9
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	9
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	9
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	9
09050	Blueberries, raw	148.0	1.0 cup	9
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	9

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	9
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	9
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	9
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	9
09413	Pears, raw, red anjou	126.0	1.0 small	9
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	9
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	9
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup (8 fl oz)	9
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	9
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	9
18428	Crackers, wheat, low salt	14.2	0.5 oz	9
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	9
11096	Broccoli raab, raw	40.0	1.0 cup chopped	9
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	9
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	9
02007	Spices, celery seed	2.0	1.0 tsp	9
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.66 Cup	9
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	9
21129	Fast foods, hush puppies	22.0	1.0 piece	9
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	9
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	9
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	9
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	9
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	9
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	9
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
11362	Potatoes, raw, skin	38.0	1.0 skin	9
11970	Cabbage, napa, cooked	109.0	1.0 cup	9
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	9
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	9
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	9
11152	Chicory greens, raw	29.0	1.0 cup, chopped	9
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	9
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	9
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	9

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	9
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	9
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	9
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	9
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	9
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	9
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	9
07225	OSCAR MAYER, Pork Sausage Links (cooked)	48.0	1.0 serving 2 links	9
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	9
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	9
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	9
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	9
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	9
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	9
07242	OSCAR MAYER, Wieners (beef franks, bun length)	57.0	1.0 serving (1 link)	9
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	9
01018	Cheese, edam	28.35	1.0 oz	9
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	9
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	9
01045	Cheese food, cold pack, American	28.35	1.0 oz	9
01039	Cheese, roquefort	28.35	1.0 oz	9
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	9
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	9
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	9
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	8
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	8
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	8
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	8
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	8
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	8
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	8
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	8
19194	Puddings, rice, dry mix	106.0	1.0 package	8
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	8
21401	Fast foods, chicken tenders	30.0	1.0 strip	8
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	8
07206	OSCAR MAYER. Bologna (Wisconsin made ring)	56.0	1.0 serving	8
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	8
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	8
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	8
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	8
21416	POPEYES, Coleslaw	120.0	1.0 package	8
09192	Oheloberries, raw	140.0	1.0 cup	8
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	8
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	8
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	8
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	8
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	8
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	8
18220	Crackers, melba toast, plain	14.2	0.5 oz	8
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	8
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	8
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 Burger	8
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	8
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	8
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	8
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	8
07228	OSCAR MAYER, Salami (for beer)	46.0	1.0 serving 2 slices	8
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	8
21142	Fast food, biscuit	55.0	1.0 biscuit	8
01157	Cheese, goat, semisoft type	28.35	1.0 oz	8
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	8
01022	Cheese, gouda	28.35	1.0 oz	8
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	8
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	8
15055	Fish, mullet, striped, raw	28.35	1.0 oz	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	8
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	8
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	8
36028	DENNY'S, coleslaw	91.0	1.0 serving	8
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	8
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	8
16112	Miso	17.0	1.0 tbsp	8
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	8
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	8
18972	Bread, cheese	48.0	1.0 slice	8
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	8
43146	Eggplant, pickled	136.0	1.0 cup	8
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	8
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	8
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	8
07224	OSCAR MAYER, Pickle Pimiento Loaf (with chicken)	28.0	1.0 serving	8
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	8
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	8
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	8
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	8
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	8
08698	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS TREASURES, Strawberry	30.0	1.0 Cup (1 NLEA serving)	8
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	8
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	8
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	8
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	8
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	8
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	8
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	8
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	8
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	8
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	8
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	8
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	8
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	8
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	8
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	8
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	8
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	8
07005	Blood sausage	100.0	4.0 slices	8
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	8
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	8
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	8
15007	Fish, butterfish, raw	32.0	1.0 fillet	8
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	8
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	8
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	8
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	8
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	8
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	8
07052	Pastrami, turkey	57.0	2.0 slices	8
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	8
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	8
18222	Crackers, melba toast, wheat	14.2	0.5 oz	8
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	8
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	8
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	8
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	8
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	8
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	8
03215	Babyfood, pretzels	28.35	1.0 oz	8
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	8
18068	Bread, wheat germ	28.35	1.0 oz	8
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	8
08635	Cereals ready-to-eat, GENERAL MILLS, Cocoa Puffs, 25% Reduced Sugar	24.0	0.75 cup (1 NLEA serving)	8
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	8
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	8
11416	Pumpkin flowers, raw	33.0	1.0 cup	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	8
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	8
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	8
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	8
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	8
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	8
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	8
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	8
07269	BUTCHER BOY MEATS, INC., Turkey Franks	56.0	1.0 serving	8
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	8
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	8
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	8
21419	KFC, biscuit	49.0	1.0 biscuit	8
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	8
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	8
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	8
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	8
07226	OSCAR MAYER, Salami Beef Cotto	46.0	1.0 serving 2 slices	8
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	8
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	8
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	8
21415	POPEYES, biscuit	60.0	1.0 biscuit	8
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	8
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	8
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	8
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	8
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	8
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	8
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	8
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	8
02018	Spices, fennel seed	2.0	1.0 tsp, whole	8
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	8
09077	Crabapples, raw	110.0	1.0 cup slices	8
02014	Spices, cumin seed	2.1	1.0 tsp, whole	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	8
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	8
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	8
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	8
18170	Cookies, fig bars	28.35	1.0 oz	8
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	8
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	8
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	8
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	8
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8
17144	Game meat, antelope, raw	28.35	1.0 oz	8
18033	Bread, italian	28.35	1.0 oz	8
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	8
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	8
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	8
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	8
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	8
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	8
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	8
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	8
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	8
21140	Side dishes, potato salad	95.0	0.333 cup	8
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	8
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	8
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	8
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	8
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	8
07259	LOUIS RICH, Turkey Breast (oven roasted, fat free)	28.0	1.0 serving	8
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	8
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	8
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	8
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	8

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07223	OSCAR MAYER, Olive Loaf (chicken, pork, turkey)	28.0	1.0 serving	8
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	8
09436	Mango nectar, canned	251.0	1.0 cup	8
09434	Guanabana nectar, canned	251.0	1.0 cup	8
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	8
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	8
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	8
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	8
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	8
09229	Papaya nectar, canned	250.0	1.0 cup	8
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	8
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	8
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	7
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	7
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	7
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	7
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	7
42270	Orange juice drink	249.0	1.0 cup	7
06195	CAMPBELL'S HEALTHY REQUEST, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	7
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	7
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	7
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	7
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	7
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	7
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	7
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	7
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	7
02024	Spices, mustard seed, ground	2.0	1.0 tsp	7
09433	Clementines, raw	74.0	1.0 fruit	7
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	7
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	7
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	7
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	7
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	7
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	7
18413	Bread, pita, white, unenriched	28.35	1.0 oz	7
18414	Bread, raisin, unenriched	28.35	1.0 oz	7
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	7
17162	Game meat, caribou, raw	28.35	1.0 oz	7
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	7
18047	Bread, raisin, enriched	28.35	1.0 oz	7
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	7
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	7
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	7
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	7
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	7
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	7
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	7
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	7
09296	Quinces, raw	92.0	1.0 fruit without refuse	7
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	7
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	7
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	7
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	7
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	7
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	7
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	7
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	7
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	7
07232	OSCAR MAYER, Smokie Links Sausage	43.0	1.0 serving	7
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	7
18967	Bread, wheat, white wheat	28.0	1.0 slice	7
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	7
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	7
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	7
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	7
11190	Cornsalad, raw	56.0	1.0 cup	7
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	7
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	7
09088	Elderberries, raw	145.0	1.0 cup	7
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	7
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	7
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	7
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	7
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	7
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	7
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	7
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	7
14625	Energy drink, AMP	240.0	1.0 serving	7
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	7
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	7
09163	Blueberries, dried, sweetened	40.0	0.25 cup	7
13166	USDA Commodity, beef, canned	45.0	1.0 serving	7
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	7
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	7
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	7
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	7
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	7
11591	Watercress, raw	34.0	1.0 cup, chopped	7
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	7
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	7
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	7
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	7
18339	Popovers, dry mix, enriched	28.35	1.0 oz	7
18003	Bagels, egg	28.35	1.0 oz	7
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	7
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17150	Game meat, beaver, raw	28.35	1.0 oz	7
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	7
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	7
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	7
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	7
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	7
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7
18344	Rolls, dinner, egg	28.35	1.0 oz	7
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	7
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	7
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	7
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	7
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	7
02019	Spices, fenugreek seed	3.7	1.0 tsp	7
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	7
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	7
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	7
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	7
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	7
10898	Pork, pickled pork hocks	117.0	3.0 oz	7
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	7
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	7
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	7
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	7
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	7
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	7
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	7
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	7
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	7
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	7
07237	OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat	46.0	1.0 serving 2 slices	7
07238	OSCAR MAYER, Summer Sausage Thuringer Cervalat	46.0	1.0 serving 2 slices	7
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	7
07234	OSCAR MAYER, Smokies (cheese)	43.0	1.0 serving	7
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	7
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	7
14638	Beverage, Horchata, as served in restaurant	228.0	1.0 cup	7
20133	Rice noodles, dry	57.0	2.0 oz	7
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	7
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	7
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	7
18241	Croissants, cheese	28.35	1.0 oz	7
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	7
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	7
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	7
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	7
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	7
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	7
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	7
17170	Game meat, horse, raw	28.35	1.0 oz	7
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	7
17183	Game meat, squirrel, raw	28.35	1.0 oz	7
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	7
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	7
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	7
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	7
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	7
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	7
18236	Cracker meal	28.35	1.0 oz	7
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	7
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	7
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	7
05286	Turkey and gravy, frozen	85.0	3.0 oz	7
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	7
11954	Tomatillos, raw	34.0	1.0 medium	7
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	7
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7
19296	Honey	339.0	1.0 cup	7
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	7
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	7
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	7
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	7
07221	OSCAR MAYER, Luncheon Loaf (spiced)	28.0	1.0 serving	7
07250	LOUIS RICH, Chicken Breast (oven roasted deluxe)	28.0	1.0 serving	7
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	7
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	7
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07251	LOUIS RICH, Chicken (white, oven roasted)	28.0	1.0 serving	7
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	7
07018	Chicken spread	56.0	1.0 serving (1 serving)	7
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	7
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	7
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	7
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	7
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	7
43212	Bacon bits, meatless	7.0	1.0 tbsp	7
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	7
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	7
07911	Liverwurst spread	55.0	0.25 cup	7
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	7
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	7
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	7
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	7
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	7
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	7
09078	Cranberries, raw	110.0	1.0 cup, chopped	7
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	7
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	7
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	7
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	7
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	7
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	7
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	7
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	7
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	7
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	7
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
17164	Game meat, deer, raw	28.35	1.0 oz	7
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	7
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	7
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	7
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	7
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	7
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
17172	Game meat, moose, raw	28.35	1.0 oz	7
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	7
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	7
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	7
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	7
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	7
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	7
18057	Bread, reduced-calorie, white	28.35	1.0 oz	7
01004	Cheese, blue	28.35	1.0 oz	7
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	7
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	7
17166	Game meat, elk, raw	28.35	1.0 oz	7
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	7
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	7
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	7
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	7
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	7

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	6
07233	OSCAR MAYER, Smokies (beef)	43.0	1.0 serving (1 link)	6
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	6
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	6
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	6
43129	Fish sticks, meatless	28.0	1.0 stick	6
07222	OSCAR MAYER, Old Fashioned Loaf	28.0	1.0 serving	6
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	6
01144	Egg substitute, powder	9.9	0.35 oz	6
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	6
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	6
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	6
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	6
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	6
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	6
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	6
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	6
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	6
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	6
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	6
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	6
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	6
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	6
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	6
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	6
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	6
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	6
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	6
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	6
19129	Syrups, table blends, pancake	314.0	1.0 cup	6
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	6
01252	Dairy, Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	6
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	6
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	6
07954	Beef sausage, pre-cooked	48.0	1.0 serving	6
02043	Spices, turmeric, ground	3.0	1.0 tsp	6
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	6
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	6
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	6
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	6
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	6
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	6
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	6
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	6
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	6
17316	Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	6
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	6
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	6
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	6
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	6
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	6
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	6
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
43282	Quail, cooked, total edible	28.35	1.0 oz	6
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	6
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	6
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	6
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
01008	Cheese, caraway	28.35	1.0 oz	6
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6
17174	Game meat, muskrat, raw	28.35	1.0 oz	6
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	6
07229	OSCAR MAYER, Salami (Genoa)	27.0	1.0 serving 3 slices	6
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	6
11941	Pickles, cucumber, sour	155.0	1.0 cup	6
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	6
07070	Salami, cooked, turkey	28.0	1.0 serving	6
07266	LOUIS RICH, Turkey Salami	28.0	1.0 serving	6
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	6
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roasted)	28.0	1.0 serving	6
07264	LOUIS RICH, Turkey Ham (10% water added)	28.0	1.0 serving	6
07203	OSCAR MAYER, Bologna (fat free)	28.0	1.0 serving	6
07926	Salami, Italian, pork	28.0	1.0 oz	6
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	6
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	6
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	6
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	6
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	6
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	6
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	6
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	6
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	6
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	6
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	6
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	6
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	6
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	6
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	6
01131	Egg, whole, cooked, poached	50.0	1.0 large	6
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	6
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	6
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	6
01123	Egg, whole, raw, fresh	50.0	1.0 large	6
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	6
01128	Egg, whole, cooked, fried	46.0	1.0 large	6
18243	Croutons, seasoned	14.2	0.5 oz	6
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	6
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	6
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	6
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	6
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	6
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	6
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	6
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	6
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	6
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
18191	Cookies, raisin, soft-type	28.35	1.0 oz	6
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	6
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	6
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	6
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	6
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	6
18028	Bread, egg, toasted	28.35	1.0 oz	6
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	6
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	6
01010	Cheese, cheshire	28.35	1.0 oz	6
17224	Lamb, ground, raw	28.35	1.0 oz	6
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	6
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	6
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	6
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	6
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	6
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	6
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	6
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	6
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	6
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	6
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	6
02013	Spices, coriander seed	1.8	1.0 tsp	6
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	6
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	6
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	6
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	6
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	6
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	6
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	6
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	6
07267	LOUIS RICH, Turkey Salami Cotto	28.0	1.0 serving	6
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	6
07200	OSCAR MAYER, Bologna (chicken, pork, beef)	28.0	1.0 serving	6
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	6
07265	LOUIS RICH, Turkey Nuggets/Sticks (breaded)	28.0	1.0 piece	6
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	6
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	6
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	6
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	6
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	6
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	6
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	6
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	6
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	6
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	6
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	6
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	6
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	6
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	6
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	6
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	6
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	6
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	6
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	6
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	6
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	6
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	6
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	6
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	6
16595	MORNINGSTAR FARMS Veggie Sweet and Sour Chik'n, frozen, unprepared	284.0	1.0 entre	6
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	6
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	6
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	6
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	6
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	6
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	6
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	6
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	6
01006	Cheese, brie	28.35	1.0 oz	6
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	6
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6
18349	Rolls, french	28.35	1.0 oz	6
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	6
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	6
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	6
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	6
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	6
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	6
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	6
01007	Cheese, camembert	28.35	1.0 oz	6
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	6
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	6
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	6
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	6
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	6
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	6
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	6
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	6
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	6
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	6
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	6
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	6
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	6

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	6
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	6
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	6
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	6
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	6
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	6
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	6
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	6
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	6
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	6
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	6
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	6
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	6
11980	Peppers, chili, green, canned	139.0	1.0 cup	6
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	6
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	6
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	6
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	6
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	6
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	6
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	6
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	5
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	5
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	5
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	5
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	5
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	5
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	5
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	5
02011	Spices, cloves, ground	2.1	1.0 tsp	5
02005	Spices, caraway seed	2.1	1.0 tsp	5
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	5
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	5
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	5
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	5
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	5
08645	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, honey almond	49.0	0.75 cup (1 NLEA serving)	5
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	5
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	5
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	5
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	5
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	5
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	5
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	5
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	5
18027	Bread, egg	28.35	1.0 oz	5
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	5
18355	Sweet rolls, cheese	28.35	1.0 oz	5
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	5
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
10219	Pork, fresh, ground, raw	28.35	1.0 oz	5
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	5
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	5
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	5
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	5
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	5
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5
13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	5
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	5
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	5
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	5
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	5
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	5
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	5
02016	Spices, dill seed	2.1	1.0 tsp	5
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	5
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	5
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	5
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	5
05311	Chicken, canned, no broth	28.0	1.0 oz	5
13350	Beef, cured, dried	28.0	10.0 slices	5
11151	Chicory, witloof, raw	53.0	1.0 head	5
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	5
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	5
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	5
20134	Rice noodles, cooked	176.0	1.0 cup	5
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
11953	Squash, zucchini, baby, raw	16.0	1.0 large	5
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	5
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	5
02039	Spices, savory, ground	1.4	1.0 tsp	5
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	5
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	5
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	5
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	5
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	5
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
08510	Milk and cereal bar	25.0	1.0 bar	5
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	5
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	5
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	5
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	5
11952	Radicchio, raw	40.0	1.0 cup, shredded	5
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	5
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	5
19314	Pie fillings, canned, cherry	74.0	0.125 can	5
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	5
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	5
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	5
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	5
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice 2/3 oz. slice	5
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	5
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	5
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	5
18224	Crackers, rusk toast	14.2	0.5 oz	5
18434	Crackers, cheese, low sodium	14.2	0.5 oz	5
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	5
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	5
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	5
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	5
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	5
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	5
07019	Chorizo, pork and beef	28.35	1.0 oz	5
17258	Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	5
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	5
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	5
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	5
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	5
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17314	Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	5
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	5
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	5
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	5
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	5
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	5
07082	Turkey roll, light and dark meat	28.35	1.0 oz	5
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	5
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	5
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	5
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	5
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	5
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	5
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	5
02015	Spices, curry powder	2.0	1.0 tsp	5
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	5
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	5
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	5
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	5
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	5
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	5
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	5
06052	Soup, pepperpot, canned, condensed	126.0	0.5 cup (4 fl oz)	5
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	5
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	5
09435	Guava nectar, canned	251.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	5
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	5
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	5
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	5
06035	Soup, escarole, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	5
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	5
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	5
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	5
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	5
07971	Bologna, meat and poultry	33.0	1.0 slice	5
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	5
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	5
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	5
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	5
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	5
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	5
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	5
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	5
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	5
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	5
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	5
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	5
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	5
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	5
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	5
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	5
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	5
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	5
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	5
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	5
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	5
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	5
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	5
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	5
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	5
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	5
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	5
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	5
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	5
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	5
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	5
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	5
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	5
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	5
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
18106	Coffeecake, fruit	28.35	1.0 oz	5
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	5
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	5
15014	Fish, cisco, smoked	28.35	1.0 oz	5
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	5
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	5
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	5
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	5
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	5
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	5
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	5
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	5
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	5
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	5
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	5
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	5
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	5
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	5
19858	Candies, sugar-coated almonds	3.5	1.0 piece	5
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	5
07921	Bacon and beef sticks	28.0	1.0 oz	5
06121	Gravy, mushroom, canned	238.0	1.0 cup	5
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	5
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	5
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	5
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	5
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	5
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	5
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	5
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	5
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	5
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	5
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	5
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	5
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	5
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	5
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	5
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	5
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	5
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	5
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	5
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	5
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5
01199	Cream, half and half, fat free	29.0	2.0 tbsp	5
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	5
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	5
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	5
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	5
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	5
02006	Spices, cardamom	2.0	1.0 tsp, ground	5
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	5
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	5
17254	Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	5
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	5
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	5
07061	Mother's loaf, pork	28.35	1.0 oz	5
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	5
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	5
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	5
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	5
18239	Croissants, butter	28.35	1.0 oz	5
01159	Cheese, goat, soft type	28.35	1.0 oz	5
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	5
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	5
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	5
07030	Ham, minced	28.35	1.0 oz	5
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	5
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	5
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	5
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	5
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	5
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	5
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	5
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	5
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	5
02017	Spices, dill weed, dried	1.0	1.0 tsp	5
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	4
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	4
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	4
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	4
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	4
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	4
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	4
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	4
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	4
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	4
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	4
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	4
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	4
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	4
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	4
07011	Bologna, turkey	28.0	0.99 oz 1 serving	4
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4
43046	Candies, nougat, with almonds	14.0	1.0 piece	4
07960	Bologna, chicken, pork	28.0	1.0 serving	4
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	4
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	4
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	4
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	4
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	4
18242	Croutons, plain	14.2	0.5 oz	4
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	4
09004	Apples, raw, without skin	110.0	1.0 cup slices	4
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	4
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	4
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	4
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	4
16137	Hummus, home prepared	15.0	1.0 tablespoon	4
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	4
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	4
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	4
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	4
11981	Peppers, hungarian, raw	27.0	1.0 pepper	4
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	4
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	4
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	4
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	4
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	4
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	4
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	4
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	4
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	4
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	4
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	4
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	4
17264	Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	4
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	4
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4
18245	Danish pastry, cheese	28.35	1.0 oz	4
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	4
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4
17256	Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	4
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	4
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	4
18103	Coffeecake, cheese	28.35	1.0 oz	4
18338	Phyllo dough	28.35	1.0 oz	4
17260	Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	4
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	4
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	4
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	4
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	4
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	4
19014	Snacks, fruit leather, rolls	21.0	1.0 large	4
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	4
19353	Syrups, maple	20.0	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	4
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	4
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	4
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	4
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	4
01225	Dulce de Leche	19.0	1.0 tbsp	4
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	4
18087	Cake mix, angelfood, dry	38.0	1.0 serving	4
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	4
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	4
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	4
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	4
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	4
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	4
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	4
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	4
02028	Spices, paprika	2.3	1.0 tsp	4
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	4
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	4
28292	Crackers, multigrain	14.0	4.0 crackers	4
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	4
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	4
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	4
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	4
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	4
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	4
02025	Spices, nutmeg, ground	2.2	1.0 tsp	4
02009	Spices, chili powder	2.7	1.0 tsp	4
09159	Limes, raw	67.0	1.0 fruit (2" dia)	4
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	4
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	4
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	4
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	4
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	4
21386	BURGER KING, french toast sticks	21.0	1.0 stick	4
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	4
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	4
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	4
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	4
07025	Frankfurter, turkey	28.35	1.0 oz	4
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	4
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	4
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	4
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	4
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	4
03217	Zwieback	28.35	1.0 oz	4
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	4
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	4
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	4
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	4
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	4
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	4
18281	Muffins, corn, toaster-type	28.35	1.0 oz	4
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	4
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	4
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	4
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	4
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	4
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	4
01186	Cheese, cream, fat free	18.0	1.0 tbsp	4
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	4
02030	Spices, pepper, black	2.3	1.0 tsp, ground	4
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4
07202	OSCAR MAYER, Bologna (beef light)	28.0	1.0 serving (1 slice)	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	4
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	4
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	4
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	4
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	4
07007	Bologna, beef	30.0	1.0 slice	4
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	4
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	4
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	4
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	4
19136	Candies, SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	4
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	4
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	4
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	4
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	4
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	4
14405	Fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	4
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	4
02021	Spices, ginger, ground	1.8	1.0 tsp	4
20027	Cornstarch	128.0	1.0 cup	4
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	4
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	4
20003	Arrowroot flour	128.0	1.0 cup	4
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	4
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4
14222	Coffee, instant, with chicory, powder	1.8	1.0 tsp, rounded	4
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	4
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	4
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	4
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	4
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	4
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	4
09149	Kumquats, raw	19.0	1.0 fruit without refuse	4
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	4
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	4
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	4
11285	Onions, canned, solids and liquids	63.0	1.0 onion	4
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	4
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	4
01069	Cream substitute, powdered	94.0	1.0 cup	4
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	4
11213	Endive, raw	25.0	0.5 cup, chopped	4
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	4
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	4
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	4
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	4
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	4
06055	Soup, scotch broth, canned, condensed	123.0	0.5 cup (4 fl oz)	4
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	4
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	4
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	4
01041	Cheese, tilsit	28.35	1.0 oz	4
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	4
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	4
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	4
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	4
07026	Ham, chopped, canned	28.35	1.0 oz	4
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	4
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	4
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	4
18240	Croissants, apple	28.35	1.0 oz	4
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	4
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	4
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	4
01124	Egg, white, raw, fresh	33.0	1.0 large	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	4
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	4
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	4
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	4
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	4
07231	OSCAR MAYER, Sandwich Spread (pork, chicken, beef)	30.0	1.0 serving	4
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	4
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	4
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	4
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	4
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	4
02002	Spices, anise seed	2.1	1.0 tsp, whole	4
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	4
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	4
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	4
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	4
18217	Crackers, matzo, plain	14.2	0.5 oz	4
18214	Crackers, cheese, regular	14.2	0.5 oz	4
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	4
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	4
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	4
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	4
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	4
08611	Cereals ready-to-eat, KELLOGG's FIBERPLUS Cinnamon Oat Crunch	32.0	0.75 cup (1 NLEA serving)	4
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	4
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	4
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	4
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	4

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	4
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	4
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	4
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	3
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	3
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	3
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	3
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	3
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	3
11522	Taro shoots, raw	43.0	0.5 cup slices	3
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	3
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3
19350	Syrups, corn, light	341.0	1.0 cup	3
18218	Crackers, matzo, egg	14.2	0.5 oz	3
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	3
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	3
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	3
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	3
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	3
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	3
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	3
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	3
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	3
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	3
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	3
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	3
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	3
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	3
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	3
07040	Liver cheese, pork	28.35	1.0 oz	3
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	3
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	3
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	3
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18213	Cookies, vanilla wafers, higher fat	28.35	1.0 oz	3
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	3
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	3
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	3
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	3
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	3
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	3
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	3
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	3
07068	Salami, cooked, beef	26.0	1.0 slice	3
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	3
02034	Spices, poultry seasoning	1.5	1.0 tsp	3
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	3
08646	Cereals ready-to-eat, BEAR NAKED Nut Cluster Crunch, maple pecan walnut	56.0	1.0 Cup (1 NLEA serving)	3
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	3
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	3
42161	Bologna, beef, low fat	28.0	1.0 slice	3
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	3
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	3
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	3
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	3
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	3
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	3
14024	Whiskey sour mix, powder	17.0	1.0 packet	3
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	3
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	3
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	3
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	3
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	3
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06120	Gravy, chicken, dry	8.0	1.0 tbsp	3
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	3
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	3
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	3
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	3
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	3
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	3
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	3
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	3
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	3
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	3
18223	Crackers, milk	14.2	0.5 oz	3
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	3
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	3
44074	Babyfood, grape juice, no sugar, canned	31.2	1.0 fl oz	3
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	3
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	3
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	3
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	3
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	3
18147	Cheesecake commercially prepared	28.35	1.0 oz	3
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	3
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	3
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	3
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	3
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	3
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	3
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	3
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	3
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	3
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	3
07050	Mortadella, beef, pork	28.35	1.0 oz	3
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	3
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	3
19041	Snacks, pork skins, plain	28.35	1.0 oz	3
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	3
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	3
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	3
06126	Gravy, turkey, dry	7.0	1.0 serving	3
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	3
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	3
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	3
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	3
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	3
07218	OSCAR MAYER, Head Cheese	28.0	1.0 serving	3
14428	Shake, fast food, strawberry	23.5	1.0 fl oz	3
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	3
01049	Cream, fluid, half and half	30.2	1.0 fl oz	3
01070	Dessert topping, powdered	43.0	1.5 oz	3
02066	Spearmint, dried	0.5	1.0 tsp	3
21141	BURGER KING, Vanilla Shake	25.0	1.0 fluid ounce	3
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	3
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	3
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	3
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	3
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	3
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	3
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	3
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	3
02038	Spices, sage, ground	0.7	1.0 tsp	3
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	3
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	3
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	3
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	3
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	3
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	3
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	3
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	3
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	3
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	3
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	3
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	3
14553	Wine, non-alcoholic	29.0	1.0 fl oz	3
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	3
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	3
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	3
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	3
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	3
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	3
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	3
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	3
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	3
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	3
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	3
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	3
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	3
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	3
11944	Pickle relish, hot dog	15.0	1.0 tbsp	3
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 pattie	3
02054	Capers, canned	8.6	1.0 tbsp, drained	3
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	3
18420	Cake, yellow, dry mix, regular, unenriched	28.35	1.0 oz	3
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	3
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
18453	Cake, yellow, dry mix, light	28.35	1.0 oz	3
01031	Cheese, neufchatel	28.35	1.0 oz	3
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	3
03279	Babyfood, dinner, mixed vegetable, junior	28.35	1.0 oz	3
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	3
18444	Pie, fried pies, cherry	28.35	1.0 oz	3
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	3
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	3
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	3
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	3
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	3
18319	Pie, fried pies, fruit	28.35	1.0 oz	3
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	3
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	3
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3
18445	Pie, fried pies, lemon	28.35	1.0 oz	3
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	3
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	3
03172	Babyfood, juice, orange	31.2	1.0 fl oz	3
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	3
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	3
43114	Vermicelli, made from soy	140.0	1.0 cup	3
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	3
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	3
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	3
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	3
02022	Spices, mace, ground	1.7	1.0 tsp	3
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	3
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	3
06958	Gravy, instant beef, dry	6.7	1.0 serving	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	3
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	3
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	3
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	3
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	3
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	3
02026	Spices, onion powder	2.4	1.0 tsp	3
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	3
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	3
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	3
07033	Ham and cheese spread	15.0	1.0 tbsp	3
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	3
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	3
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	3
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	3
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	3
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	3
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	3
02036	Spices, rosemary, dried	1.2	1.0 tsp	3
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	3
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	3
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	3
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	3
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	3
02001	Spices, allspice, ground	1.9	1.0 tsp	3
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	3
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	3
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	3
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	3
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	3
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	3
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	3
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	3
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	3
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	3
18419	Cake, white, dry mix, pudding-type, unenriched	28.35	1.0 oz	3
18354	Strudel, apple	28.35	1.0 oz	3
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	3
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	3
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	3
14548	Tea, instant, sweetened with sugar, lemon-flavored, with added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	3
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	3
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	3
14070	Beverages, Green tea, LIPTON, brewed from bags	252.0	1.0 cup	3
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	3
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	3
16004	Beans, adzuki, yokan, mature seeds	14.0	1.0 slice	3
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	3
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	3
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	3
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	2
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	2
43408	Babyfood, juice, pear	31.2	1.0 fl oz	2
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	2
11108	Butterbur, canned	124.0	1.0 cup, chopped	2
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	2
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	2
14072	Beverages, Green tea, brewed, from bags	245.0	1.0 cup	2
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	2
06963	Fish broth	244.0	1.0 cup	2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	2
43543	Milk, imitation, non-soy	244.0	1.0 cup	2
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	2
07973	Turkey bacon, microwaved	8.1	1.0 slice	2
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	2
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	2
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 Package	2
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	2
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	2
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	2
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	2
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	2
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	2
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	2
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	2
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	2
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	2
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	2
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	2
14627	Energy Drink, Monster	240.0	1.0 serving	2
02020	Spices, garlic powder	3.1	1.0 tsp	2
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	2
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	2
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	2
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
19243	Candies, HEATH BITES	39.0	15.0 pieces	2
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	2
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	2
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	2
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	2
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2
06124	Gravy, pork, dry, powder	6.7	1.0 serving	2
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	2
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	2
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	2
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	2
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	2
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	2
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	2
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	2
18092	Cake, carrot, dry mix, pudding-type	28.35	1.0 oz	2
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	2
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	2
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	2
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	2
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	2
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	2
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	2
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	2
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	2
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	2
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	2
11145	Celtuce, raw	8.0	1.0 leaf	2
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	2
07254	Turkey bacon, unprepared	14.0	1.0 serving	2
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
11949	Catsup, low sodium	17.0	1.0 tbsp	2
06150	Sauce, barbecue	17.0	1.0 tbsp	2
06971	Sauce, worcestershire	17.0	1.0 tbsp	2
11935	Catsup	17.0	1.0 tbsp	2
07951	Scrapple, pork	17.0	1.0 cubic inch	2
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	2
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	2
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	2
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	2
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	2
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2
02032	Spices, pepper, white	2.4	1.0 tsp, ground	2
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	2
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	2
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	2
06957	Gravy, brown instant, dry	6.7	1.0 serving	2
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	2
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2
11677	Shallots, raw	10.0	1.0 tbsp chopped	2
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	2
90480	Syrup, Cane	21.0	1.0 serving	2
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	2
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
14268	Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	2
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	2
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	2
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	2
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	2
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	2
02023	Spices, marjoram, dried	0.6	1.0 tsp	2
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	2
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	2
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	2
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	2
06118	Gravy, brown, dry	6.0	1.0 tbsp	2
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2
06959	Gravy, instant turkey, dry	6.7	1.0 serving	2
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	2
09079	Cranberries, dried, sweetened	40.0	0.33 cup	2
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	2
02029	Spices, parsley, dried	0.5	1.0 tsp	2
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	2
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	2
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	2
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	2
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	2
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	2
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	2
18171	Cookies, fortune	28.35	1.0 oz	2
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	2
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	2
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	2
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	2
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	2
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	2
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	2
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	2
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	2
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	2
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	2
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	2
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	2
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	2
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	2
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	2
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	2
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	2
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	2
02069	Vinegar, balsamic	16.0	1.0 tbsp	2
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	2
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	2
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	2
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	2
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	2
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	2
01267	Queso cotija	5.0	2.0 tsp	2
08614	Cereals ready-to-eat, KELLOGG's CRUNCHY NUT Roasted Nut and Honey O's	27.0	0.75 cup (1 NLEA serving)	2
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	2
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	2
14282	Grape juice drink, canned	31.3	1.0 fl oz	2
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	2
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	2
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	2
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	2
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	2
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	2
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2
02037	Spices, saffron	0.7	1.0 tsp	2
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	2
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	2
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	2
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	2
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	2
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	2
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	2
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	2
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	2
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	2
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	2
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	30.0	1.0 fluid ounce	2
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	2
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	2
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	2
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	2
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	2
21422	KFC, Popcorn Chicken	6.4	1.0 piece	2
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	2
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	2
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	2
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	2
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	2
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	2
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	2
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	2
06985	Gravy, HEINZ Home Style Savory Beef Gravy	57.0	1.0 serving 1/4 cup 2 oz	2
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	2
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	2
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2
18323	Pie, peach	28.35	1.0 oz	2
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	2
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	2
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	2
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	2
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	2
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	2
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	2
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	2
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	2
01074	Sour cream, imitation, cultured	28.35	1.0 oz	2
43276	Cheese spread, cream cheese base	28.35	1.0 oz	2
18202	Cookies, sugar wafers with creme filling, special dietary	28.35	1.0 oz	2
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	2
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	2
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	2
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	2
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	2
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	2
19137	Toppings, strawberry	42.0	2.0 tbsp	2
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	2
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	2
06115	Gravy, au jus, dry	3.0	1.0 tsp	2
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	2
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	2
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	2
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	2
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	2
02044	Basil, fresh	2.5	5.0 leaves	2
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	2
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	2
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	2
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	2
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	2
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	2
02010	Spices, cinnamon, ground	2.6	1.0 tsp	2
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	2
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	2
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	2

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	2
07235	OSCAR MAYER, Smokies Sausage Little (pork, turkey)	9.0	1.0 link	2
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	2
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	2
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	2
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	2
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	2
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	2
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	2
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	2
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2
20068	Tapioca, pearl, dry	152.0	1.0 cup	2
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	2
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	2
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	2
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	2
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	2
07031	Ham salad spread	15.0	1.0 tbsp	2
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	2
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	2
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2
11960	Carrots, baby, raw	15.0	1.0 large	2
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1
19312	Pie fillings, apple, canned	74.0	0.125 can	1
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	1
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	1
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	1
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	1
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	1
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	1
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	1
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	1
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	1
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1
05335	Chicken, feet, boiled	28.35	1.0 oz	1
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	1
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	1
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	1
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	1
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	1
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	1
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	1
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	1
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1
02055	Horseradish, prepared	5.0	1.0 tsp	1
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	1
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	1
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09216	Orange peel, raw	6.0	1.0 tbsp	1
01017	Cheese, cream	14.5	1.0 tbsp	1
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	1
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1
11615	Chives, freeze-dried	0.2	1.0 tbsp	1
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	1
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	1
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	1
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	1
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	1
02049	Thyme, fresh	0.8	1.0 tsp	1
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	1
19300	Jellies	21.0	1.0 serving 1 tbsp	1
11156	Chives, raw	3.0	1.0 tbsp chopped	1
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	1
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	1
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	1
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	1
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	1
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	1
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	1
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1
01179	Sour cream, light	12.0	1.0 tablespoon	1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	1
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	1
01180	Sour cream, fat free	12.0	1.0 tablespoon	1
01056	Cream, sour, cultured	12.0	1.0 tbsp	1
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	1
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	1
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	1
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14013	Alcoholic beverage, beer, light, MICHELOB ULTRA	29.5	1.0 fl oz	1
06114	Gravy, au jus, canned	59.0	0.25 cup	1
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	1
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	1
07248	OSCAR MAYER, Wieners Little (pork, turkey)	9.0	1.0 piece	1
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	1
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1
43497	Jellyfish, dried, salted	58.0	1.0 cup	1
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	1
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	1
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	1
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	1
18196	Cookies, brownies, dry mix, special dietary	28.35	1.0 oz	1
10005	Pork, fresh, belly, raw	28.35	1.0 oz	1
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	1
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	1
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	1
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	1
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	1
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	1
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	1
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	1
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	1
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	1
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	1
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
09165	Litchis, dried	2.5	1.0 fruit	1
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1
11958	Pickle relish, hamburger	15.0	1.0 tbsp	1
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	1
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	1
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	1
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	1
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	1
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	1
19116	Candies, marshmallows	50.0	1.0 cup of miniature	1
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	1
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	1
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	1
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	1
11984	Epazote, raw	0.8	1.0 tbsp	1
11292	Onions, young green, tops only	6.0	1.0 tbsp	1
03166	Babyfood, juice, apple	31.7	1.0 fl oz	1
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	1
11959	Arugula, raw	2.0	1.0 leaf	1
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	1
11640	Shallots, freeze-dried	0.9	1.0 tbsp	1
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	1
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	1
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	1
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	1
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	1
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	1
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	1
14240	Cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	1
14241	Cranberry-grape juice drink, bottled	30.6	1.0 fl oz	1
14114	Beef broth and tomato juice, canned	30.5	1.0 fl oz	1
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	1
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	1
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	1
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	1
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1
09156	Lemon peel, raw	6.0	1.0 tbsp	1
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	1
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	1
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	1
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	1
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	1
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	1
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	1
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	1
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	1
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	1
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	1
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	1
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1
11216	Ginger root, raw	2.0	1.0 tsp	1
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	1
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	1
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	1
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	1
19107	Candies, hard	28.35	1.0 oz	1
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	1
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	1
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	1
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	1
01125	Egg, yolk, raw, fresh	17.0	1.0 large	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	1
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	1
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	1
09129	Grapes, muscadine, raw	6.0	1.0 grape	1
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 Link	1
42040	Syrups, grenadine	20.0	1.0 tbsp	1
11950	Mushrooms, enoki, raw	5.0	1.0 large	1
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	1
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	1
19297	Jams and preserves	20.0	1.0 tbsp	1
19719	Jams and preserves, apricot	20.0	1.0 tbsp	1
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	1
09173	Longans, dried	1.7	1.0 fruit	1
02008	Spices, chervil, dried	0.6	1.0 tsp	1
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	1
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	1
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	1
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	1
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	1
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	1
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	1
11945	Pickle relish, sweet	15.0	1.0 tbsp	1
02048	Vinegar, cider	14.9	1.0 tbsp	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	1
11943	Pimento, canned	12.0	1.0 tbsp	1
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	1
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	1
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	1
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	1
01072	Dessert topping, pressurized	70.0	1.0 cup	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	1
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	1
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	1
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	1
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	1
19294	Fruit butters, apple	17.0	1.0 tbsp	1
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	1
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	1
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	1
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	1
02063	Rosemary, fresh	0.7	1.0 tsp	1
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	1
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	1
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	1
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	1
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	1
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	1
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	1
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	1
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	1
14168	Carob-flavor beverage mix, powder	12.0	1.0 tbsp	1
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	1
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	1
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	1
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	1
02068	Vinegar, red wine	14.9	1.0 tbsp	1

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	1
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	1
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	1
14559	Water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	1
14555	Water, bottled, generic	29.6	1.0 fl oz	1
19340	Sugars, maple	3.0	1.0 tsp	1
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	1
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	1
19365	Toppings, marshmallow cream	28.35	1.0 oz	1
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	1
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	1
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	1
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	1
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	1
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	1
11975	Grape leaves, canned	4.0	1.0 leaf	1
02045	Dill weed, fresh	1.0	5.0 sprigs	1
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	1
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	1
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	1
11446	Seaweed, laver, raw	26.0	10.0 sheets	1
02050	Vanilla extract	4.2	1.0 tsp	1
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0
19113	Syrups, table blends, pancake, with butter	20.0	1.0 tbsp	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
19303	Marmalade, orange	20.0	1.0 tbsp	0
19181	Candies, YORK BITES	39.0	15.0 pieces	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0
11447	Sesbania flower, raw	3.0	1.0 flower	0
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
09172	Longans, raw	3.2	1.0 fruit without refuse	0
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0
14277	Grape drink, canned	31.3	1.0 fl oz	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
14142	Carbonated beverage, grape soda	31.0	1.0 fl oz	0
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
14150	Carbonated beverage, orange	31.0	1.0 fl oz	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0
14475	Tea, ready-to-drink, ARIZONA iced tea, with lemon flavor	30.6	1.0 fl oz	0
14137	Tea, ready-to-drink, NESTLE, COOL NESTEA ice tea lemon flavor	30.6	1.0 fl oz	0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0
14531	Beverages, alcoholic , whiskey sour	30.4	1.0 fl oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0
14601	Tea, ready-to-drink, unsweetened, WENDY'S, fast food, without ice	30.0	1.0 fluid ounce	0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14385	Water, bottled, POLAND SPRING	29.6	1.0 fl oz	0
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
14544	Tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
14411	Water, tap, drinking	29.6	1.0 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
14432	Water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0
14429	Water, tap, municipal	29.6	1.0 fl oz	0
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
14440	Water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0
14412	Water, tap, well	29.6	1.0 fl oz	0
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0
14450	Drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
19108	Candies, jellybeans	11.0	10.0 small	0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0
02065	Spearmint, fresh	0.3	2.0 leaves	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
19908	Sugar, turbinado	4.6	1.0 tsp	0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0
02064	Peppermint, fresh	0.1	2.0 leaves	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
02047	Salt, table	6.0	1.0 tsp	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0
16247	SILK Chai, soymilk	243.0	1.0 cup	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0
04528	Oil, walnut	13.6	1.0 tbsp	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0
04582	Oil, canola	14.0	1.0 tbsp	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
14438	Water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0
14434	Water, bottled, non-carbonated, DASANI	29.6	1.0 fl oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
04575	Fat, turkey	12.8	1.0 tbsp	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
04047	Oil, coconut	13.6	1.0 tbsp	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
04589	Fish oil, cod liver	4.5	1.0 tsp	0
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0
14153	Carbonated beverage, pepper-type, contains caffeine	30.7	1.0 fl oz	0
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0
16248	SILK Mocha, soymilk	243.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
04001	Fat, beef tallow	12.8	1.0 tbsp	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
04529	Oil, almond	13.6	1.0 tablespoon	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
28099	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Mint	31.0	1.0 cookie	0
04583	Oil, mustard	14.0	1.0 tbsp	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
04576	Fat, goose	12.8	1.0 tbsp	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants	240.0	8.0 fl oz	0
43026	Syrups, dietetic	240.0	1.0 cup	0
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
14071	Beverages, Green tea, SALADA brewed from bags	254.0	1.0 cup	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
04593	Fish oil, salmon	13.6	1.0 tbsp	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
04590	Fish oil, herring	13.6	1.0 tbsp	0
28063	KEEBLER, CLUB, Buttery Garlic Crackers	14.0	4.0 crackers	0
04534	Oil, babassu	13.6	1.0 tbsp	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
14476	Tea, ready-to-drink, LIPTON BRISK iced tea, with lemon flavor	30.6	1.0 fl oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
16249	SILK Coffee, soymilk	243.0	1.0 cup	0
04002	Lard	12.8	1.0 tbsp	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
19070	Candies, butterscotch	28.35	1.0 oz	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
14384	Water, bottled, PERRIER	29.6	1.0 fl oz	0
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0
16246	SILK Nog, soymilk	122.0	0.5 cup	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
04581	Oil, avocado	14.0	1.0 tbsp	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
14437	Water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0

NDB_No	Description	Weight(g)	Measure	Magnesium, Mg(mg) Per Measure
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
04594	Fish oil, sardine	13.6	1.0 tbsp	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
14433	Water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0
04542	Fat, chicken	12.8	1.0 tbsp	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
04055	Oil, palm	13.6	1.0 tbsp	0
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
19163	Chewing gum	3.0	1.0 stick	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0