

LIST OF FOODS THAT ARE RICH IN

Magnesium, Potassium and Calcium

Potassium

Dried apricots and other dried fruit
Avocados
Bananas
Beets
Cantaloupe
Coconut water
Leafy green vegetables
Legumes
Oranges and orange juice
Potatoes and sweet potatoes
Tomatoes
Yogurt

Magnesium

Nuts (especially almonds, cashews and peanuts)
Peanut butter
Spinach
Legumes
Whole wheat bread
Avocado
Baked potato
Brown rice
Yogurt
Whole grain breakfast cereals
Oats
Bananas

Calcium

Cheese
Milk (cow's milk and fortified plant milk)
Yogurt
Almonds
Broccoli
Chia seeds
Dried figs
Leafy green vegetables
Salmon (canned, with bones)
Tofu