

## 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