Foods Rich in Magnesium, Omega-3, and B Vitamins

A simple guide to help you nourish energy, mood, and overall wellbeing through everyday foods.

🌿 Magnesium-Rich Foods

Magnesium supports muscle relaxation, energy production, and nervous system balance.

- Leafy greens (spinach, Swiss chard, kale)
- Nuts & seeds (almonds, cashews, pumpkin seeds, chia)
- Whole grains (oats, quinoa, brown rice)
- Legumes (black beans, lentils, chickpeas)
- Dark chocolate (70%+ cocoa)
- Avocado
- Tofu and tempeh
- Bananas

🐟 Omega-3 Fatty Acid Sources

Omega-3s help support brain health, inflammation balance, and heart function.

Marine Sources (highest potency)

- Salmon
- Mackerel
- Sardines
- Herring
- Anchovies

Plant-Based Sources

- Chia seeds
- Flaxseeds (ground)
- Walnuts
- Hemp seeds
- Algal oil (vegan EPA/DHA)

Foods Rich in Magnesium, Omega-3, and B Vitamins

⚡ Foods High in B Vitamins

B vitamins play key roles in energy, metabolism, mood, and nervous system function.

B1 (Thiamine)
- Whole grains
- Sunflower seeds
- Pork

B2 (Riboflavin)
- Eggs
- Almonds
- Yoghurt

B3 (Niacin)
- Chicken
- Tuna
- Mushrooms

B5 (Pantothenic Acid)
- Avocado
- Sweet potatoes
- Lentils

B6 (Pyridoxine)
- Bananas
- Potatoes
- Chickpeas

B7 (Biotin)
- Eggs
- Nuts
- Cauliflower

B9 (Folate)
- Leafy greens
- Beans & lentils
- Beetroot

B12 (Cobalamin)
- Fish & shellfish
- Eggs
- Fortified plant milks

⭐ How to Use This Guide

Build meals that naturally combine these nutrients — for example:

- A salmon, quinoa, and leafy green bowl
- Overnight oats with chia, nuts, and yoghurt
- A lentil and vegetable stew with leafy greens and avocado on the side