

## Magnesium

An important trace mineral, magnesium helps our muscles relax and contract properly. Newer evidence indicates proper Vitamin D levels are dependent on magnesium. It is not uncommon for our diets to lack adequate magnesium and medications like acid reducers and others, can deplete the body of magnesium. Without adequate magnesium our bodies struggle to make molecules of energy and protein, allow nerves to transmit information, control blood glucose and regulate the blood pressure. You might need to take a magnesium supplement when following a low carbohydrate diet, taking acid reducers, calcium supplements, or if you don't eat enough magnesium containing foods.

**Recommended intake: 300-400 mg/day**

| Magnesium content in milligrams (mg) of certain foods |          |           |
|---|----------|-----------|
| Food  | Measure  | Magnesium |
| Bulgur, dry   | 1 cup    | 230       |
| Barley, pearled, raw                                  | 1 cup    | 158       |
| Spinach, cooked                                       | 1 cup    | 157       |
| Seeds, pumpkin, roasted                               | 1 ounce  | 156       |
| Cornmeal, yellow                                      | 1 cup    | 155       |
| Beans, black, boiled                                  | 1 cup    | 120       |
| Beet greens, cooked                                   | 1 cup    | 98        |
| Halibut, cooked                                       | 3 ounces | 90        |
| Almonds, dry roasted                                  | 1 ounce  | 80        |
| Rice, brown, cooked                                   | 1 cup    | 80        |
| Chickpeas, boiled                                     | 1 cup    | 79        |
| Cashews, dry roasted                                  | 1 ounce  | 74        |

## Magnesium content in milligrams (mg) of certain foods

| Food                                 | Measure  | Magnesium |
|--------------------------------------|----------|-----------|
| Lentils, boiled                      | 1 cup    | 71        |
| Artichokes, cooked                   | 1 cup    | 71        |
| Oatmeal, regular and instant, cooked | 1 cup    | 63        |
| Soy milk                             | 1 cup    | 61        |
| Tomato products, canned              | 1 cup    | 58        |
| Potato, baked                        | 1 potato | 57        |
| Rice, white, enriched                | 1 cup    | 50        |
| Peanuts, all types                   | 1 ounce  | 50        |
| Peanut butter                        | 2 Tble   | 50        |
| Crab                                 | 1 cup    | 49        |
| Coffee, espresso                     | 2 ounces | 48        |
| Raisins                              | 1 cup    | 46        |
| Parsnips                             | 1 cup    | 45        |
| Squash, summer, cooked               | 1 cup    | 43        |
| Yogurt, plain, skimmed               | 1 cup    | 43        |
| Seeds, sunflower, roasted            | 1 oz     | 100       |