

Magnificent Magnesium

Magnesium is essential for good health. According to the National Institute of Health, it is the fourth most abundant mineral in the body. The majority of magnesium in the body can be found in bones, but it is also present in the cells of tissues and organs.

Magnesium helps muscle and nerve function as well as keeps the heart rhythm steady and bones strong. It may even help prevent you from getting sick! Your kidneys help rid the body of excess magnesium, filtering it out.



Green vegetables are great sources of magnesium. This is because they contain a molecule called chlorophyll, which gives them their green color!



Some vegetables and nuts rich in magnesium include: almonds, cashews, peanuts, soybeans, spinach, cereal, oatmeal, potato, black-eyed peas, plain yogurt, rice, kidney beans, pinto beans, bananas, milk, whole wheat bread, chocolate pudding, and raisins.

The National Institute



of Health recommends that if you have diabetes, you take additional amounts of magnesium to help with high blood sugar. If you do not get enough magnesium in your diet, you may get symptoms such as a loss of appetite, nausea, vomiting, weakness, fatigue, muscle cramps, abnormal heart rhythm, or even seizures.

Dietary magnesium intake recommendations are:

<u>Age</u>	<u>Male</u>	<u>Female</u>
4 to 8	130 mg/day	130 mg/day
9 to 13	240 mg/day	240 mg/day
14 to 18	410 mg/day	360 mg/day
19 to 30	400 mg/day	310 mg/day
31 and	420	320



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MAGNESIUM

HEART

STRONG

VEGETABLES

GREEN

OATMEAL

CHLOROPHYLL

NUTS

SPINACH

MINERAL

YOGURT

KIDNEY

MUSCLE

BANANA

CELLS

NERVE

MILK

TISSUE

ORGAN