

Magnesium – Are You Getting Enough?

Magnesium is a mineral that assists in hundreds of biochemical reactions in the body. Some examples include protein synthesis, energy production, muscle and nerve function, blood glucose control, blood pressure regulation and development of bone. Magnesium is naturally present in many foods. Good sources include nuts, seeds, leafy greens and legumes. Magnesium is sometimes added to other food products, particularly many breakfast cereals. It is also available as a dietary supplement, and present in some medicines (such as antacids and laxatives). The Recommended Dietary Allowance (RDA) of magnesium for women is 320mg/day and 420mg/day for men. Aiming for your RDA of magnesium daily can help your body to function at its best. If you are unable to meet your needs through whole foods, you may want to talk with your doctor about taking a supplement.

Sources of Magnesium in Various Foods

Almonds, roasted	1 oz.	80mg
Cashews, roasted	1oz.	72mg
Peanuts, roasted	1 oz.	49mg
Peanut Butter	2 TB	49mg
Pumpkin Seeds, roasted	1 oz.	150mg
Chia Seeds	1 oz.	111mg
Kidney beans, cooked	.5 cup	40mg
Black Beans, cooked	.5 cup	60mg
Quinoa, cooked	.5 cup	60mg
Shredded Wheat cereal	1 cup	56mg
Brown Rice, cooked	1 cup	84mg
Milk	1 cup	25mg
Yogurt	1 cup	42mg
Soy Milk	1 cup	61mg
Spinach, cooked	.5 cup	78mg
Swiss Chard, cooked	.5 cup	75mg
Collard Greens, cooked	.5 cup	25mg
Acorn Squash, cooked	.5 cup	44mg
Avocado	1 each	58mg
Banana	1 each	32mg
Blackberries	1 cup	29mg
Green Peas, cooked	.5 cup	31mg
Sweet Corn	.5 cup	27mg
Potato, Baked, with skin	1 medium	48mg

The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives Federal financial support under the Older Americans Act provided by Senior Connection and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts, Greater Worcester Community Foundation, City of Worcester's Department of Health and Human Services, Elder Affairs Commission Division, participant donations, grants, individual support and the Councils on Aging in Auburn, Barre, Boylston, Grafton, Hardwick/Gilbertville, Holden, Leicester, Millbury, Oakham, Paxton, Rutland, Shrewsbury, and West Boylston.

