

Mineral Highlight: **MAGNESIUM**

- Magnesium is the 4th most abundant mineral in body
- Plays an important role in over 300 enzymatic reactions
- Required for DNA synthesis, reproduction, energy production, blood pressure control, nervous system transmission and so much more
- Recommended Dietary Allowances: Men 400 mg and Women 310 mg daily
- Chronic stress, poor dietary intake, alcohol abuse, malabsorption, and some medications can contribute to magnesium deficiency or insufficiency

Foods rich in Magnesium

- ❖ Pumpkin Seeds – ¼ cup = 190 mg
- ❖ Soy Beans – ½ cup dry = 140 mg
- ❖ Almonds, roasted - ¼ cup = 90 mg
- ❖ Potato – 1 large = 90 mg
- ❖ Spinach – ½ cup cooked = 80 mg
- ❖ Oats, rolled – ½ cup, dry = 40 mg
- ❖ Banana – 1 large = 40 mg