Mineral Highlight: **MAGNESIUM**

- Magnesium is the 4\textsuperscript{th} most abundant mineral in the 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 \(\frac{1}{4}\) cup = 190 mg
- Soy Beans \(\frac{1}{2}\) cup dry = 140 mg
- Almonds, roasted \(\frac{1}{4}\) cup = 90 mg
- Potato \(1\) large = 90 mg
- Spinach \(\frac{1}{2}\) cup cooked = 80 mg
- Oats, rolled \(\frac{1}{2}\) cup, dry = 40 mg
- Banana \(1\) large = 40 mg