



From the Desk of
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Foods High in Magnesium

* The Power of Magnesium

Few people are aware of the enormous role magnesium plays in our health: It's important to nearly every function and tissue in the body, supports a healthy immune system, prevents inflammation associated with certain cancers, boosts heart health, and could even cut your risk for a heart attack. A Harvard University study found that high daily magnesium intake reduced the risk of developing diabetes by 33 percent; still other studies found that the mineral helps ward off depression and migraines. Though supplements are available, most experts say it's preferable to get magnesium naturally from your diet. Here are eight foods that can help.

* Dark Leafy Greens

In the nutrition world, dark leafy greens play the role of the ultimate superfood, offering up crucial vitamins and minerals as well as a host of health benefits. Choose raw or cooked baby spinach, collard greens, kale, or Swiss chard and you'll be stocking your body with magnesium for very few calories.

* Nuts and Seeds

Just a half cup of pumpkin seeds provides nearly 100 percent of the daily requirement for magnesium. Other nuts and seeds high in magnesium include almonds, sunflower seeds, Brazil nuts, cashews, pine nuts, flaxseed, and pecans. Include your favorite nuts in a healthy homemade trail mix; it makes the perfect afternoon snack to keep your energy up and hunger levels down.

* Fish

In addition to being great sources of vitamin D and omega-3 fatty acids, fish like mackerel, wild salmon, halibut, and tuna will add more magnesium to your menu. Make it a goal to have fish for dinner at least once a week; this tangy Salmon Salad is delicious, easy, and perfect for spring.

* Avocado

Loaded with multivitamins, heart-healthy nutrients, and disease-thwarting chemical compounds, avocados are one of the most nutritious and versatile produce picks around. Add one sliced avocado to your salad or sandwich at lunch, and you'll easily consume 15 percent of the recommended daily amount of magnesium.

* Bananas

Bananas may be better known for being rich in heart-healthy and bone-strengthening potassium, but a medium-sized banana also provides 32 milligrams of magnesium, along with vitamin C and fiber. At only about 100 calories, this is a foolproof fruit to pop in your bag for a portable breakfast or an easy-on-the-go snack. Of course, many other fruits can add magnesium to your diet, including strawberries, blackberries, grapefruit, and figs.

* Dark Chocolate

As if you needed another reason to indulge in rich dark chocolate, it's also a magnesium-booster. One square of the sweet stuff provides 24 percent of the daily value of magnesium for only 145 calories, in addition to antioxidants that can help lower blood pressure, improve blood flow, and boost overall heart health. Paired with fresh fruit, dark chocolate makes a decadent and healthy after-dinner dessert.

Magnesium is an essential mineral required by the body for maintaining normal muscle and nerve function, keeping a healthy immune system, maintaining heart rhythm, and building strong bones. Magnesium is also involved in at least 300 biochemical reactions in the body. A deficiency in magnesium can lead to muscle spasms, cardiovascular disease, diabetes, high blood pressure, anxiety disorders, migraines, osteoporosis, and cerebral infarction. Conversely, consuming too much magnesium typically causes diarrhea as the body attempts to excrete the excess. High magnesium foods include dark leafy greens, nuts, seeds, fish, beans, whole grains, avocados, yogurt, bananas, dried fruit, dark chocolate, and more. The current daily value (DV) for magnesium is 400mg. Below is a list of high magnesium foods, for more, see the extended lists of high magnesium foods by nutrient density, magnesium rich foods, vegetables high in magnesium, and fruits high in magnesium.

Manganese is required by the body for proper enzyme functioning, nutrient absorption, wound healing, and bone development. Manganese deficiency is rare and can be seen expressed in poor bone health, joint pain, and fertility problems. Manganese toxicity from food sources is also rare, but can adversely affect the neurological system. Health benefits of manganese includes strengthening weak bones, anti-oxidant protection, alleviating pre menstrual syndrome (PMS), anemia, arthritis, alopecia (spot baldness), and prevention of epileptic seizures. However, more research needs to be conducted to confirm these health benefits. The current DV for manganese is 2mg. Below is a list of high manganese foods, for more, see the lists of high manganese foods by nutrient density, and manganese rich foods.



#10: Dark Chocolate

| Magnesium in 100g | 1 Square (29g) | 1 Cup Grated (132g) |
|-------------------|----------------|---------------------|
| 327mg (82% DV) | 95mg (24% DV) | 432mg (108% DV) |

1 square of dark chocolate provides 145 calories.



#9: Dried Fruit (Figs)

| Magnesium in 100g | 1/2 Cup (75g) | 1 Fig (8g) |
|-------------------|---------------|-------------|
| 68mg (17% DV) | 51mg (13% DV) | 5mg (1% DV) |

Other Dried Fruit High in Magnesium (%DV per 1/2 cup):

Prunes (11%), Apricots (10%), Dates (8%), and Raisins (7%).



#8: Bananas

| Magnesium in 100g | 1 Medium (118g) | 1 Cup Slices (150g) |
|-------------------|-----------------|---------------------|
| 27mg (7% DV) | 32mg (8% DV) | 41mg (10% DV) |



#7: Low-Fat Dairy (Plain Non Fat Yogurt)

| Magnesium in 100g | 1 Cup (245g) |
|-------------------|---------------|
| 19mg (5% DV) | 47mg (12% DV) |

Other Dairy Foods High in Magnesium (%DV per 100g):

Goat Cheese (Hard) (14% DV), Nonfat Chocolate Yogurt (10% DV) and Nonfat Mozzarella (8%).



#6: Avocados

| Magnesium in 100g | 1 Avocado (201g) | 1/2 Cup Pureed (115g) |
|-------------------|------------------|-----------------------|
| 29mg (7% DV) | 58mg (15% DV) | 33mg (9% DV) |

An average avocado provides 322 calories, half a cup pureed contains 184 calories.



#5: Whole Grains (Brown Rice)

| Magnesium in 100g | 1 Cup Cooked (195g) |
|-------------------|---------------------|
| 44mg (11% DV) | 86mg (21% DV) |

Other Whole Grains High in Magnesium (%DV per cup cooked): Quinoa (30%), Millet (19%), Bulgur (15%), Buckwheat (13%), Wild Rice (13%), Whole Wheat Pasta (11%), Barley (9%), Oats (7%).



#4: Beans and Lentils (Soy Beans)

| Magnesium in 100g | 1 Cup Cooked (172g) |
|-------------------|---------------------|
| 86mg (22% DV) | 148mg (37% DV) |

Other Beans and Lentils High in Magnesium (%DV per cup cooked): White Beans (28%), French Beans (25%), Black-eyed Peas (23%), Kidney Beans (21%), Chickpeas (Garbanzo) (20%), Lentils (18%), Pinto Beans (16%), .



#3: Fish (Mackerel)

| Magnesium in 100g | Per 3oz Fillet (85g) |
|-------------------|----------------------|
| 97mg (24% DV) | 82mg (21% DV) |

Other Fish High in Magnesium (%DV per 3oz fillet (85g)): Pollock (18% DV), Turbot (14% DV), Tuna (14% DV), and most other fish at an average of 8% DV.



#2: Nuts and Seeds (Squash and Pumpkin Seeds)

| Magnesium in 100g | 1/2 Cup (113g) | 1 Ounce (28g) |
|-------------------|-----------------|----------------|
| 534mg (134% DV) | 606mg (152% DV) | 150mg (37% DV) |

Other Nuts and Seeds High in Magnesium (%DV per 1/2 cup): Sesame Seeds (63%), Brazil Nuts (63%), Almonds (48%), Cashews (44% DV), Pine nuts (43%), Mixed Nuts (39%), and Peanuts (31%), Pecans (17%), Walnuts (16%).