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:

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 8</td>
<td>130 mg/day</td>
<td>130 mg/day</td>
</tr>
<tr>
<td>9 to 13</td>
<td>240 mg/day</td>
<td>240 mg/day</td>
</tr>
<tr>
<td>14 to 18</td>
<td>410 mg/day</td>
<td>360 mg/day</td>
</tr>
<tr>
<td>19 to 30</td>
<td>400 mg/day</td>
<td>310 mg/day</td>
</tr>
<tr>
<td>31 and</td>
<td>420 mg/day</td>
<td>320 mg/day</td>
</tr>
</tbody>
</table>
MAGNESIUM  HEART  STRONG
VEGETABLES  GREEN  OATMEAL
CHLOROPHYLL  NUTS  SPINACH
MINERAL  YOGURT  KIDNEY
MUSCLE  BANANA  CELLS
NERVE  MILK  TISSUE
ORGAN

Pennington Nutrition Series No 75, 2010
Authors
Beth Kalicki
Heli J. Roy, PhD, RD
Division of Education
Phillip Brantley, PhD, Director
Pennington Biomedical Research Center
Steven Heymsfield, MD, Executive Director
5/10
Rev. 2/11