

MAGNESIUM

Why is it important?

Magnesium helps maintain normal muscle and nerve function. It is essential for healthy heart and immune function and also keeps your bones strong. Magnesium is involved in over 300 processes in your body. It also helps regulate blood pressure and blood sugar.

Dietary magnesium is absorbed in your small intestine and excreted through your kidney.

How much magnesium should I have?

Between 300-400 milligrams per day is the recommended dietary intake of magnesium for adults.

What foods contain magnesium?

- ❖ Green vegetables (spinach)
- ❖ Legumes (beans and peas)
- ❖ Nuts and seeds
- ❖ Whole, unrefined grains

Magnesium Content of Various Foods

Food	Milligrams	%	Food	Milligrams	%
Halibut, cooked, 3 oz.	90	20	Vegetarian Baked Beans, 1/2 cup	40	10
Almonds, dry roasted, 1 oz.	80	20	Brown rice, long-grained, 1/2 cup	40	10
Cashews, dry roasted, 1 oz.	75	20	Lentils, mature, cooked, 1/2 cup	35	8
Soybeans, mature, cooked, 1/2 cup	75	20	Avocado, California, 1/2 cup pureed	35	8
Spinach, frozen, cooked, 1/2 cup	75	20	Kidney Beans, canned, 1/2 cup	35	8
Nuts, mixed, dry roasted, 1 oz.	65	15	Pinto Beans, cooked, 1/2 cup	35	8
Cereal, shredded wheat, 2 biscuits	55	15	Wheat Germ, crude, 2 tbsp.	35	8
Oatmeal, instant, fortified, 1 cup	55	15	Chocolate milk, 1 cup	33	8
Potato, baked w/ skin, 1 med.	50	15	Banana, raw, 1 medium	30	8
Peanuts, dry roasted, 1 oz.	50	15	Milk Chocolate Candy Bar, 1.5 oz.	28	8
Peanut butter, smooth, 2 tbsp.	50	15	Milk, 2% or skim, 1 cup	27	8
Wheat Bran, crude, 2 tbsp.	45	10	Bread, whole wheat, 1 slice	25	6
Black-eyed peas, cooked, 1/2 cup	45	10	Raisins, seedless, 1/2 cup	25	6
Yogurt, plain, skim, 8 fl oz.	45	10	Whole milk, 1 cup	24	6
Bran flakes, 1/2 cup	40	10	Chocolate pudding, 4 oz.	24	6

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