

# Magnesium Rich Foods

NUTRITION TIPS TO BOOST MAGNESIUM INTAKE

## Magnesium

### What is it?

Essential mineral & electrolyte  
Can be depleted with diarrhea, certain cancer treatments

### Benefits

Supports energy, metabolism, nervous & cardiovascular system  
Helps promote sleep & reduce stress, headaches & constipation

## Tips & Tricks

### Excellent Food Sources

Pumpkin seeds, chia seeds, almonds, cooked spinach, cashews, dark chocolate, blackstrap molasses, shredded wheat cereal, soymilk, black beans, edamame, peanut butter, baked potato



### Good Food Sources

Brown rice, plain yogurt, fortified breakfast cereals, oatmeal, kidney beans, banana, salmon, milk, halibut, raisins, whole wheat bread, avocado, chicken, broccoli, lean red meat



### Daily Needs

Men over 30: 420 mg/day  
Women over 30: 320 mg/day  
Men under 30: 400 mg/day  
Women under 30: 310 mg/day

\*these needs may be higher due to certain conditions or cancer treatments

### Supplements

Your doctor or dietitian may suggest magnesium supplements  
Best taken at night to help sleep  
In high doses may cause diarrhea

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS