



Magnesium is found in green leafy vegetables, nuts, seeds, whole grains, and fruit. Even though it is present in many foods, many people are still not getting enough of this essential mineral due to soil depletion and reliance on processed foods. To increase our magnesium naturally try putting more of the following foods on the menu.

Pumpkin Seeds/Chia Seeds; eaten in a roasted or raw form, 1 ounce (¼ cup) of these magnesium packed seeds provide up to 37% of your daily value. They are also a good source of iron and omega-three fatty acids.

Almonds/Cashews/Peanuts: not only are these nuts a good snack, just 1 ounce (¼ cup) of these tasty nuts can provide 20% of your magnesium requirements.

Spinach/Swiss Chard/Kale: cooked or raw by adding ½ cup of these super nutritious greens you'll be adding 20% of your total magnesium RDI. These greens are also high in iron, vitamin A, C and K.

Black beans/Edamame beans: these legumes are easy to add to dishes and by adding ½ cup you add to your daily recommended intake by 12-15%. They also are high in potassium, iron and a good source of protein for vegetarians.

Avocado: besides high in magnesium, avocados are high in fiber and a good source of heart-healthy monounsaturated fats. One medium avocado can contribute up to 15% towards your RDI.

Peanut butter/Almond butter: these nut butters are flavorful additions and adding just 2 tablespoons of peanut or almond butter contributes up to 12% of your RDI.

Brown Rice/Oats: both grains are a good source of dietary fiber, just one-half cup cooked brown rice or oats adds 10% to your magnesium intake.

Yogurt: plain yogurt can be a good source of protein, magnesium and by adding 8 ounces to your diet you can boost your levels by 10%.

Salmon: this fatty fish is loaded with Vitamin D and is also a good source of magnesium. Just one 3.5-ounce portion will give you 9% of your recommended daily intake.

Banana: one large banana is loaded with potassium, vitamin B, manganese and fiber. Bananas are tasty and also a good source of magnesium, adding 9% to your RDI.



Smoothie Recipe for a magnesium boost!

Ingredients:

2 cups filtered water, coconut water or your favorite nut milk

1 banana fresh or frozen

¼ cup pumpkin seeds (without the shell) or chia/flax seeds

½ cup fresh greens such as spinach or kale

½ of an avocado

1 cup of frozen berries

1 Tbsp of honey or maple syrup, optional

3-5 ice cubes, optional

Procedure:

Place all ingredients in a blender and blend together until smooth. Serve cold.

Enjoy!