

Group →	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
↓ Period																		
1	1 H																	2 He
2	3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne
3	11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar
4	19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
5	37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
6	55 Cs	56 Ba		72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
7	87 Fr	88 Ra		104 Rf	105 Db	106 Sg	107 Bh	108 Hs	109 Mt	110 Ds	111 Rg	112 Cn	113 Uut	114 Fl	115 Uup	116 Lv	117 Uus	118 Uuo
Lanthanides	57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu			
Actinides	89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr			

Image by Gerd Altmann from Pixabay

EAT WELL, AGE WELL.

Magnesium and Your Health

You need magnesium for many tasks involving muscle movement in your body. "Dr. Bruce Bistrian, chief of clinical nutrition at Beth Israel Deaconess Medical Center and professor of medicine at Harvard Medical School, says magnesium deficiency in otherwise healthy individuals eating a balanced diet is rare. "The kidney has an extraordinary ability to reduce magnesium loss in urine, and thus achieve magnesium balance on a wide variety of intakes," he explains." Some individuals may have an increased risk of low magnesium levels due to digestive disorders in which a magnesium supplement may be prescribed.

Magnesium-rich foods	
1 ounce of dry-roasted almonds	80 milligrams
½ cup frozen spinach (cooked)	78 milligrams
¾ cup bran flakes	64 milligrams
1 medium baked potato, with skin	48 milligrams
½ cup canned kidney beans	35 milligrams

WEEKLY CHALLENGES

EAT ONE SERVING OF LEAFY GREEN VEGGIES, WHOLE GRAINS, BEANS, NUTS, AND OR FISH EACH DAY.

MAKE SURE YOU ARE GETTING AT LEAST 420 MG OF MAGNESIUM PER DAY.

INCORPORATE ONE MAGNESIUM RICH FOOD TO YOUR DINNER SOMETIME THIS WEEK

DID YOU KNOW?

ONE CUP OF DRIED FIGS IS EQUAL TO 101mg OF MAGNESIUM.

<https://www.health.harvard.edu/staying-healthy/what-you-should-know-about-magnesium2>

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate foods rich in magnesium into their eating habits. You can help create excitement to try need foods. These foods will help

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Magnesium and Your Health*
- Placemat/handout – *Lemon Balsamic Lentil Salad*
- Table Tent- *Leafy Greens and Seeds*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Refreshing Quinoa Salad*
- Table Tent- *Magnesium Rich Foods*

Week 3: Give out/Post

- Placemat/handouts – *Everything But The Kitchen Sink Soup*
- Table Tent- *What and Where of Magnesium*

Week 4: Give out/Post

- Placemat/handouts – *Crispy Parmesan Garlic Edamame*
- Table Tent- *All about Magnesium*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org