

EAT WELL, AGE WELL. MAGNESIUM AND YOUR HEALTH

What does magnesium do for your body?

Magnesium is known to help keep blood pressure normal, bones strong and keep the heart rhythm steady.

Adults that are consuming less than the recommend amount of magnesium are more likely to have elevated inflammation markers. Inflammation has been linked with heart disease, diabetes, and certain cancers.

Foods high in magnesium can help prevent high blood pressure in people with prehypertension.

Foods such as dark chocolate, avocados, nuts and legumes, whole grains, fish, bananas, and leafy greens are known to be high in magnesium.

Lemon Balsamic Lentil Salad:

Serves 2



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Ingredients:

- ½ cup lentils
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- ½ Tbsp balsamic vinegar
- 1 Tbsp agave syrup
- 2 cups spinach, chopped
- ½ red pepper, chopped
- ½ cucumber, chopped

Directions

1. Cook the lentils according to directions.
2. While the lentils are cooking, make the salad dressing by mixing the lemon juice, olive oil, balsamic vinegar, and agave together.
3. Chop the spinach, red pepper, and cucumber.
4. Combine all ingredients and enjoy!

This salad includes lentils, spinach, red peppers, and cucumber which all are known to be rich in magnesium. This salad has a variety of flavors and is vegan, vegetarian, and gluten free while still giving you the appropriate amount of nutrients.

Recipe adapted from: Jar of Lemons

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What is Magnesium and How Does it Help My Health?

Magnesium is a mineral in the body that helps in a lot of important functions that keep the body happy and healthy.

Magnesium is important in regulating muscle and nerve function, blood sugar levels, blood pressure, building protein, building bone, and DNA.

Magnesium is especially important to include in the diet of an older adult because as we age the density of our bones decreases. Magnesium helps in having a higher bone mineral density, creating stronger, healthier bones.

Source: <https://ods.od.nih.gov/factsheets/Magnesium-Consumer/#:~:text=Magnesium%20is%20a%20nutrient%20that,protein%2C%20bone%2C%20and%20DNA.>

Refreshing Quinoa Salad: Serves 1



Photo Courtesy of eastewart.com

Ingredients:

- 1/3 cup cooked quinoa
- 1/3 cup cooked or canned chickpeas
- 1 cup leafy greens of your choice (arugula, kale, spinach, etc.)
- 2 tablespoons broccoli, chopped
- 1 tablespoon carrots, chopped
- 2 tablespoons cauliflower, chopped
- 1 tablespoon red/yellow/orange bell peppers, chopped
- 2 tablespoons blueberries
- 2 teaspoons dried cranberries
- 2 teaspoons slivered almonds
- Salad dressing of choice

Directions

1. Cook the quinoa according to the directions and pour it into a medium serving bowl.
2. Add the cooked or canned chickpeas to the quinoa.
3. Add greens, chopped vegetables, blueberries, and slivered almonds to the quinoa and chickpeas.
4. Add dressing and stir/toss the salad before serving.

This recipe includes many magnesium rich foods such as almonds, broccoli, carrots, cauliflower, and quinoa.

Recipe adapted from: EA Stewart

Magnesium: Why is it important?

Magnesium is necessary for over 300 biochemical reactions in the body.

This mineral is important because:

- It helps maintain necessary nerve and muscle function
- Magnesium aids in support of a healthy immune system
- It helps regulate the heartbeat
- It plays a role in bone strength
- It aids in the production of energy and protein
- It may help adjust blood glucose levels

Everything but the Kitchen Sink Soup

Serves: 3-4

Ingredients:

- 1 cup cooked lentils
- 1/2 cup celery, chopped
- 1/2 cup carrots, chopped
- 1/2 cup stewed tomatoes
- 1 cup kale or spinach
- Olive oil
- 1/2 clove garlic, minced
- 1 1/2 cup basmati rice
- 4–6 cups chicken or vegetable broth
- 1 tsp. sea salt
- black pepper (to taste)
- 2 tsp. cumin
- 2 tsp. turmeric
- 1 Tbsp. paprika
- Optional: 1/2 c. chopped zucchini or corn
- Parmesan Cheese
- 8–10 ounces (1–2 cups) cooked leftover turkey/ham or meat of choice. Vegans use tempeh! or just leave out.



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Directions

1. In a large pot, sauté garlic, celery, carrots, and onion in butter or oil until tender. Stir in spinach/kale until slightly cooked.
2. Drain water from lentils and add lentils to vegetable mixture. Pour in your broth and rice and bring to a boil then lower temperature down and simmer for 20-30 minutes until rice and lentils are almost cooked.
3. If you want it thicker, keep the broth to 4 cups, if you want it more soup, add more broth or water.
4. Add tomatoes, spinach/kale, remaining herbs/spices, and cooked meat. Simmer for 15-20 minutes. Top with Parmesan Cheese!

Recipe adapted from:

<https://www.cottercrunch.com/everything-but-kitchen-sink-soup-gluten-free/>

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What does magnesium do for your body?

Magnesium is an extremely important nutrient in your body. Magnesium is involved in hundreds of biochemical reactions in our bodies. Some of these reactions include converting food into energy, creating protein from amino acids, and contracting and relaxing muscles.

Magnesium is found in high amounts in foods like tofu, black-eyed peas, almonds, cashews, and many more! There are lots of delicious ways to incorporate magnesium rich foods into your diet. Try out the following recipe: it packs a magnesium punch!

Crispy Parmesan Garlic Edamame:

Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- 1 cup edamame raw
- 1/2 Tbsp. olive oil
- 1/4 cup parmesan cheese, grated
- 1/4 tsp. garlic powder
- 1 pinch salt to taste
- 1 pinch black pepper to taste

Directions

1. Preheat oven to 400 °F. Line a baking sheet with parchment paper, then set aside.
2. In a medium bowl, add parmesan cheese, garlic powder, salt, and pepper, then mix. Set bowl nearby.
3. In another medium bowl, add fresh (or thawed) edamame. Add olive oil to bowl and toss with edamame to coat.
4. Pour parmesan cheese mixture on top of edamame, then stir until edamame is evenly coated.
5. Spread edamame on prepared baking sheet in an even layer. Bake in the oven for 12-15 minutes or until cheese is melted and browned to your liking.
6. Let cool for 5 minutes before serving.