

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.



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Leafy Greens

Leafy greens are extremely healthy and many of them are loaded with magnesium. Some greens with a significant amount of magnesium include spinach, mustard greens, kale, collard greens and turnip greens. An example would be that 1 cup of cooked spinach has about 157mg of magnesium in it.

Weekly Challenge:

Try making a salad with any leafy greens to incorporate more magnesium into your diet.



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Nuts & Seeds

Nuts and seeds are a great source of energy that keep your hungry down. They are also a great source of magnesium, for instance a 1-ounce serving of cashews contains about 82mg of magnesium which is 20% of the Reference Daily Intake. This shows that a little goes a long way. Some other great sources include almonds, flaxseed, chia seeds, peanut butter, and pumpkin seeds.

Weekly Challenge:

Try making your own trail mix by mixing together some of your favorite nuts and seeds



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Magnesium and your Health

Did you know...

There are seven essential macro minerals required for a healthy body and magnesium is one of them. Your body cannot produce energy without magnesium.

It is also very closely interconnected to sleep which is why if your magnesium levels are low then sleep disturbance can often times occur.



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Read More at:

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

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Magnesium Rich Almonds



Magnesium is important for normal body functions. One ounce of unsalted almonds contain about 80mg of magnesium. That is about 19% of the daily value of magnesium! Almonds are a great snack as well as a great topping to salads.

Source: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

Weekly Challenge:

Try having unsalted almonds as a snack or adding to a salad this week!



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Magnesium Rich Foods: Spinach



Magnesium plays an important role in muscle contraction. Spinach has many different vitamins and minerals. One mineral spinach has a lot of, especially when boiled, is magnesium. Spinach goes great with a green salad, in smoothies, or even by itself.

Weekly Challenge:

Try adding spinach to one meal or snack this week!



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Magnesium Rich Foods: Cashews



Magnesium plays a role in blood glucose control and blood pressure regulation. Unsalted cashews are a good source of magnesium. Cashews can be eaten alone, added to salads or even pasta dishes.

Source: <https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

Weekly Challenge:

Try adding unsalted cashews to a salad or a pasta dish this week!



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Magnesium: What is it?

Magnesium is a mineral that is found in the earth, plants, animals, and you guessed it: humans.

- Every cell in the human body needs magnesium to function. *It is actually involved in more than 600 reactions in the body.* Therefore, magnesium is an important mineral.

- You may be asking: *what does magnesium do specifically?* Magnesium helps convert food into energy, creates new proteins, and plays a role in muscular contraction and relaxation as well as regulation of the nervous system.

Weekly Challenge

Learn how to incorporate magnesium into your diet!



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Magnesium: Where is it found?

The reference daily intake (RDI) is 400 mg. It is easy to meet daily needs through consuming foods that are rich in magnesium.

Here is a list of 10 foods that pack a punch in magnesium content.

- | | |
|--|---------------------------------------|
| 1. Dark Chocolate | 6. Seeds such as flax and chia seeds. |
| 2. Avocados | 7. Whole grains |
| 3. Nuts such as cashews, almonds, and brazil nuts. | 8. Fish such as salmon and halibut |
| 4. Legumes | 9. Bananas |
| 5. Tofu (there are many tasty recipes)! | 10. Leafy greens |

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Magnesium: What are the benefits?

There are various benefits of magnesium that include but are not limited to:

- Playing a role in brain function and mood, so it may help reduce symptoms of depression
- May help lower blood pressure
- Has been shown to help decrease inflammation
- May prevent migraines
- Lowers the risk of type 2 diabetes

Weekly Challenge

Learn more about how magnesium can influence your personal health!



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All About Magnesium

Magnesium is a magical nutrient involved in so many areas of your health. Magnesium can help improve exercise performance, reduce the risk for type 2 diabetes, and even help fight depression. Magnesium can also help reduce high blood pressure and inflammation, both common issues in aging individuals.

Weekly Challenge

Incorporate leafy greens into one meal a day!



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All About Magnesium

There are so many delicious foods that are rich in magnesium. Some of these are:

- Almonds
- Cashews
- Leafy greens
- Salmon
- Avocados
- Dark chocolate



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Weekly Challenge

Try having a snack of nuts or seeds once this week!

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All About Magnesium

You may be asking yourself, where does magnesium come from? Magnesium is a mineral found pretty much everywhere. It is found in the ocean, in plants, animals, and humans of course. A fun fact is that magnesium is actually the fourth most abundant mineral in the human body.

This is just one of the reasons it is so important to our health!

Weekly Challenge

Enjoy some dark chocolate for dessert!



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