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MAGNESIUM

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MAGNESIUM

Magnesium is a mineral that has a vital role in muscle contraction, skeletal development, protein manufacturing in the body and the passage of signals in nerve cells.

Low levels of magnesium in the body can result from dietary deficiency, some chronic conditions (eg uncontrolled diabetes, alcohol abuse, chronic diarrhoea) and medication (eg diuretics and proton pump inhibitors (PPI's) such as omeprazole).

Symptoms of low magnesium are muscle weakness, confusion, cramps, hypertension, irregular heartbeat.

Foods that contain significant amounts of magnesium include – nuts, wholemeal products, cereals and seeds.

Magnesium requirements for an adult are:

Men	300mg / day
Women	270mg / day

Food	Portion size	Magnesium Content
Fruit & Vegetables		
Broccoli	80g	18mg
Brussel sprouts	80g	10mg
Cabbage	80g	6mg
Lettuce	30g	5mg
Spinach	90g	31mg
Cress	10g	12mg
Dried Figs	2 figs (40g)	30mg
Currants/Raisins/Sultanas	1 tblspn (25-30g)	31mg
Banana	1 banana (100g)	34mg
Grains, cereals & potatoes		
Shredded wheat	2 biscuits = 45g	59mg
All bran	Small bowl = 30g	111mg
Ready break	Medium bowl = 180g	46mg
Wholemeal spaghetti	220g	92mg
Potatoes	175g	25mg

Foods	Portion size	Magnesium content
Peas, beans and pulses		
Chick peas (canned)	80g	20mg
Baked beans	1 small can (150g)	47mg
Lentils	1 tblspn (40g)	35mg
Red kidney beans	1 heaped tblspn (35g)	11mg
Garden peas	70g	15mg
Soya beans	1 heaped tblspn (35g)	22mg
Dairy foods		
Milk	1 glass (200ml)	22mg
Yoghurt	125g pot	24mg
Cheese	40g	10mg
Meat & Fish		
Rump steak	220g (8oz)	50mg
Pork chop	170g (6oz)	44mg
Chicken breast	130g	31mg
Mackerel fillet	160g	56mg
Sardines	1 tin (100g)	51mg
Tinned tuna	1 tin (100g)	33mg
Prawns	60g	25mg
Nuts & seeds		
Brazil nut	3 nuts	41mg
Almonds	20 nuts (1oz)	60mg
Peanut butter	Thick spread on one slice of bread = 20g	36mg
Sunflower seeds	1 tablespoon	62mg
Bombay mix	30g	30mg
Misc		
Popadoms	2 (26g)	45mg
Plain chocolate	50g	50mg
Dark chocolate	30g	95mg
Cocoa powder	2 heaped teaspoons (12g)	62mg
Commonly prescribed supplements		
Ensure Plus milkshake	220ml	66mg
Ensure plus juce	220ml	16mg
Fortisip compact	125ml	41mg
Fortimel	200ml	84mg
Enshake	310ml (made up with whole milk)	114mg