

Foods rich in magnesium

Keywords: magnesium, soybeans, dried herbs, chocolate, cocoa, sesame seeds

Opinion

Bran (Rice, Wheat and Oat)

Rice, Wheat, and Oat bran are great additions to breads and breakfast cereals like oats, rye, and buckwheat. One cup of crude rice bran contains 922mg of magnesium (230% DV) which is 781mg (195% DV) per 100 gram serving. Crude wheat bran contains 354mg of magnesium (89% DV) per cup, or 611mg (153% DV) per 100 gram serving. Crude oat bran contains 220mg of magnesium (55% DV) per cup, or 235mg magnesium (59% DV) per 100 gram serving.

Dried herbs

Dried herbs are packed with vitamins and a healthy addition to almost any meal. Dried Coriander provides the most magnesium with 694mg (174% DV) per 100 gram serving, or 14mg (3% DV) per tablespoon. It is followed by Chives (160% DV), Spearmint (151% DV), Dill (112% DV), Sage (107% DV), Basil (106% DV), and Savory (95% DV).

Squash, pumpkin, and watermelon seeds (Dried or Roasted)

Great as a snack or in a salad, pumpkin, squash, and watermelon seeds are packed with magnesium. Squash and pumpkin seeds provide 535 mg of magnesium (134% DV) per 100 gram serving, or 738mg (185% DV) per cup. Watermelon seeds provide 515mg (129% DV) of magnesium per 100 gram serving, or 556mg (139% DV) per cup.

Cocoa powder (Dark Chocolate)

Dark chocolate is becoming more popular and with good reason, long regarded as junk food dark chocolate is packed with vitamins and conferred health benefits. Cocoa powder provides 499mg of magnesium (125% DV) per 100 gram serving or 429mg (107% DV) per cup. Dark baking chocolate provides 327mg per 100 gram serving (82% DV), or 95mg (24% DV) per square, and a typical chocolate candy bar provides 63mg of magnesium (16% DV) per 100 gram serving or 28mg (7% DV) per bar.

Flax, sesame seeds, and sesame butter (Tahini)

Flax and Sesame seeds are a great source of heart healthy oils and also provide a good source of magnesium. Flax seeds provide 392mg (92% DV) per 100 gram serving or 39mg (10% DV) per tablespoon. Sesame seeds provide 351mg (88% DV) per 100 gram serving, or 32mg (8% DV) per tablespoon. Sesame butter (tahini) provides 362mg of magnesium per 100 gram serving, or 58mg (14% DV) per tablespoon.

Brazil nuts

Possibly the largest of all nuts, Brazil nuts are a great source of magnesium. Brazil nuts provide 376mg (94% DV) of magnesium per 100 gram serving, 500mg (125% DV) per cup, and 19mg (5% DV) in

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a single kernel or nut. Brazil nuts are also very high in selenium, so should be eaten moderately.

Sunflower seeds

Sunflower seeds are the number one source of vitamin E, and a good source of thiamin. Sunflower seeds provide 325mg (81% DV) of magnesium per 100 gram serving, or 455mg (114% DV) per cup.

Almonds and cashews (Mixed nuts, Pine nuts)

Nuts are great as a snack or as an addition to salads and soups. Almonds provide 286mg (72% DV) per 100 gram serving, or 395mg (99% DV) per cup. Cashews provide 273mg (68% DV) per 100 gram serving, or 352mg (88% DV) per cup. Pine nuts provide 251mg (63% DV) per 100 gram serving, or 339mg (85% DV) per cup. Mixed nuts in general provide 251 mg (63% DV) per 100 gram serving, or 361mg (90% DV) per cup.

Molasses

A good substitute for refined sugar in cakes and breads, molasses is also a great source of magnesium. Molasses provides 242mg (61% DV) per 100 gram serving, 816mg (204% DV) per cup, and 48mg (12% DV) per tablespoon.

Dry roasted soybeans (Edamame)

Great as a snack or as an addition to salads, dry roasted soybeans are also a great source of magnesium. Dry roasted soybeans provide 228mg (57% DV) of magnesium per 100 gram serving, or 392mg (98% DV) per cup. When boiled, edamame provides 64mg (16% DV) of magnesium per 100g serving, or 99mg (25% DV) per cup.

Conclusion

Magnesium also plays roles in preventing migraine headaches, cardiovascular disease (including high blood pressure, heart attacks, and strokes), sudden cardiac death, and even reduces death from all causes. This important mineral is required by more than 300 different enzymes in your body, which play important roles in the following biochemical processes, many of which are crucial for proper metabolic function:

- i. Creation of ATP (adenosine triphosphate), the energy molecules of your body Proper formation of bones and teeth. Relaxation of blood vessels.
- ii. Action of your heart muscle Promotion of proper bowel function Regulation of blood sugar levels.
- iii. Low Magnesium Levels Consistently Found in Those with Elevated Insulin.

In just the past year, there have been several significant studies

about magnesium role in keeping your metabolism running like a well oiled clock specifically in terms of insulin sensitivity, glucose regulation, and protection from type 2 diabetes.

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Conflict of interest

Author declares no conflict of interest