

Potassium & Magnesium

Potassium & Magnesium are two essential minerals that regulate a number of functions in the body. They protect against fatigue and muscles cramps. Magnesium helps muscle function and is especially helpful for leg cramps and better sleep. Increased dietary potassium is linked to a decreased risk of stroke and osteoporosis. Higher dietary potassium helps reduce high blood pressure. Potassium is found more in fruits and vegetables:

Potassium

Food	Serving	Potassium (mg)
Potato, baked with skin	1 medium	926
Plums, dried (prunes)	½ cup	637
Raisins	½ cup	598
Prune juice	6 fluid ounces	528
Lima beans, cooked	½ cup	485
Acorn squash, cooked	½ cup (cubes)	448
Banana	1 medium	422
Spinach, cooked	½ cup	420
Tomato juice	6 fluid ounces	417
Orange juice	6 fluid ounces	372
Raisin bran cereal	1 cup	362
Artichoke, cooked	1 medium	343
Molasses	1 tablespoon	293
Tomato	1 medium	292
Sunflower seeds	1 ounce	241
Orange	1 medium	237
Almonds	1 ounce	200

More questions? Just Ask
the Nutritionist!

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Magnesium

Magnesium is an essential mineral and regulates a number of functions. It is especially helpful for leg cramps, and for better sleep. Magnesium has been used to decrease anxiety and is important for nerve function. According to the Linus Pauling institute, “Magnesium supplementation is currently explored in the management of various conditions, including hypertension, cardiovascular disease, type 2 diabetes mellitus, migraine headaches, and asthma” and “Magnesium is involved in more than 300 essential metabolic reactions”.

Aside from helping you sleep better, magnesium promotes normal blood pressure and is protective for metabolic syndrome; a cluster of symptoms associated with diabetes.

The easiest forms of magnesium to digest are magnesium citrate, chelate, or glycinate. Magnesium oxide is the one most commonly found in stores, but can be irritating to the digestive tract. On the other hand, if you are constipated, magnesium oxide will change that! Talk to your doctor first, but consider supplementing with 200 to 400 mg of magnesium at bedtime which may be helpful in reducing leg cramps, and promoting a more restful, deep sleep. (It is especially helpful to add calcium to that if you have leg cramps; about 1000mg calcium in the evening).

The RDA for Magnesium is 420mg for adult males, and 320mg for adult females. It is estimated that more than 50% of Americans do not get the RDA for magnesium in their diet.

Food	Serving	Magnesium (mg)
Pumpkin Seeds	1/4 cup	184
Spinach	1 cup	157
Cereal, all bran	1/2 cup	112
Cereal, oat bran	1/2 cup dry	96
Brown rice, medium-grain, cooked	1 cup	86
Fish, mackerel, cooked	3 ounces	82
Almonds	1 ounce (23 almonds)	77
Swiss chard, chopped, cooked	1/2 cup	75
Lima beans, large, immature seeds, cooked	1/2 cup	63
Cereal, shredded wheat	2 biscuits	61
Peanuts	1 ounce	48
Molasses, blackstrap	1 tablespoon	48
Hazelnuts	1 ounce (21 hazelnuts)	46
Okra, frozen, cooked	1/2 cup	37
Milk, 1% fat	8 fluid ounces	34
Banana	1 medium	32