

# MAGNESIUM

## Did you know???



Magnesium has many roles, including the release of energy from fats and carbohydrates, muscle contraction, sending information to and from the brain via nerve impulses, bone health and blood clotting. Over half of the magnesium in your body is found in your bones.

**Excessive intakes of calcium or phosphorus can limit absorption of magnesium.**

## NUTRITIONAL FACTS

FOOD - RAW	QTY	MAGNESIUM	DAILY %	CARBS	CALORIES
Quinoa	.5 cup	167mg	40%	48g	312
White Beans	1 cup	133mg	32%	43g	299
Brazil Nuts	30g	112mg	27%	1.3g	197
Black Beans	1 cup	91mg	22%	26g	240
Cashews	30g	87mg	21%	8g	165
Almonds	30g	81mg	19%	2.5g	164
Brown Rice	1 cup	79mg	19%	48g	248
Salmon	200g	74mg	18%	0g	364
Oats	.5 cup	55mg	13%	23.3	153
Banana	1 large	36mg	9%	27g	121