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## **Magnesium Rich Foods**

Magnesium is an essential mineral for human nutrition. Magnesium in the body serves several important metabolic functions. It plays a role in the production and transport of energy. It is also important for the contraction and relaxation of muscles. Magnesium is involved in the synthesis of protein, and it assists in the functioning of certain enzymes in the body. Magnesium and calcium work together to keep the nervous system working properly, nerve impulses regulated.

**What Foods are High in Magnesium?** There are so many good food sources of magnesium that I don't generally recommend supplements. However, if my clients come to me using supplements, I often don't say much about magnesium because it's usually not presenting a problem and sometimes makes a difference in the short term, until magnesium from food takes over. Your body is very wise and will pull all the nutrients it needs from foods. You just have to provide your body with 100% whole foods (remember my cell biology info and your body as a nutritional bank savings account?)

**Whole food sources:** legumes, including beans, peas, lentils, and fermented soy such as tempeh and natto; whole grain such as whole heritage wheat breads, pastas, and tortillas [sprouted varieties are available for the wheat sensitive individual]; brown rice, whole "hulless barley", whole rye, and other unrefined grains; all green foods such as parsley, collard greens, kale, celery, romaine lettuce, and mustard greens.

Green vegetables such as spinach, and those listed above, are good sources of magnesium because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium.

You should note that refined grains (white flour) are generally very low in magnesium. When white flour is processed, the magnesium rich germ and bran are removed. Bread made from whole grain wheat flour provides more magnesium than bread made from white refined flour.

Tap water can be a source of magnesium, but the amount varies according to the water supply. Water that naturally contains more minerals is described as "hard". "Hard" water usually contains more magnesium than "soft" water. Northern NY water tends to be high in calcium and lower in magnesium, eat magnesium rich foods to fortify yourself!

**List of Specific Magnesium Rich Foods** (repeat, repeat, repeat....)

Black Beans, Raw Broccoli, Nuts & Seeds, Peanuts, Halibut, Okra, Oysters, Plantain, Rockfish, Scallops, Spinach, Leafy Greens, Whole Grains (Refined flours actually rob your body of magnesium and minerals. It's the WHOLE FOOD, cell biology, nutrient savings account thing again!)

I am not certain that a source of shell fish or sea food that is "clean" can be found. Wild caught would be best as farmed is very unhealthy at best. So I would use these (Oysters, Plantain, Rockfish, Scallops) with caution, or not at all. Read up on the shellfish farmed in the Asian part of the world, very gross, bet you will chose to not eat it!

A link to more info on Magnesium: <http://whfoods.org/genpage.php?tname=nutrient&dbid=75>

**Magnesium supplements:** use magnesium glycinate, magnesium citrate is 2<sup>nd</sup> best option  
Take 400 mg at dinner time or bed time. If daily bowel movements are easy on this dosage then remain here. If not, increase dosage slightly to achieve at least one healthy, daily bowel movement.

**Avoid:** magnesium carbonate, sulfate, gluconate, oxide. These are cheaper forms and not as easily absorbed into the body.

**Caution with magnesium, especially citrate: if you experience diarrhea, back off the dose a little.**

**If you tend towards constipation, mag citrate is your best option.**

**If you tend towards loose stools, opt for mag glycinate.**

[From a Dr. Mercola article:](#)

1. ["Up to 80% of Americans are Not Getting Enough of this Essential Nutrient. Where Do You Stand?"\\*](#)
2. [Magnesium — An Essential Mineral for Heart Health](#)

There are a number of foods with abundant supplies of magnesium. Raw, green organic vegetables, such as spinach, are excellent choices because the center of the chlorophyll molecule (which provides green veggies their brilliant color) contains magnesium.

Chlorophyll is like a plant's version of our hemoglobin. They share a similar structure but chlorophyll has magnesium plugged in the middle instead of iron. In order to ensure you're getting adequate amounts of magnesium, I recommend you first focus on eating a variety of foods that contain the mineral. And juicing green leafy vegetables can be an excellent strategy for obtaining magnesium as well. For the full article click on the Dr. Mercola heading above that is linked.

If you would like more personalized attention achieving your health goals, please contact [Paula Youmell, Wise Woman Nurse](#), to set up a Natural Nutrition & Health Education Consultation. I can be reached at the above contact information. Enjoy harmony in your health today and every day!

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