

Magnesium



Magnesium is a mineral that can be found naturally in a variety of foods, it is also available as supplements, and a common ingredient in antacids and laxatives. Magnesium has a key role in over 300 chemical reactions in our body, that includes the building of protein and our bones. In addition to that, magnesium helps with the regulation of our blood sugar, blood pressure, the muscle and nervous system. The mineral acts as an electrical conductor for muscle contraction, therefore, having an adequate and stable level of magnesium helps with maintaining a steady heat rate.

Recommended Amounts

RDA: The Recommended Dietary Allowance (RDA) for adults 10-51+ years is 400-420mg daily for men and 310-320mg for women.

Magnesium and Health

Magnesium is a key factor in making several parts of the body run smoothly; the heart, bones, muscles, nerves, and others. With that, insufficient magnesium can potentially lead to the malfunction of several parts of our body systems. Researches have suggested a magnesium deficient or low magnesium diet can lead to health problems, and magnesium diets are associated with lower rates of diseases. Studies have also proposed the use of magnesium dietary supplements may help to correct the conditions resulted from magnesium deficient diets. Regardless, to consider a magnesium rich diet is generally high in other nutrients, all these nutrients collectively help with improving our health and disease prevention. Therefore, a good rule of thumb is to consume a magnesium rich diet for adequate magnesium intake, only use dietary supplements when it is directed and approved by a physician.

Food Sources

Magnesium is found in plant foods like legumes, dark green leafy vegetables, nuts, seeds, whole grains, and fortified cereals. It is also found in fish, poultry, and beef.

Did You Know?

Magnesium supplements are popular remedy for legs and foot cramps, a bothersome condition that may jolt you awake in the middle of the night or during exercise. A deficiency of magnesium can certainly cause muscle cramping, but these supplements are often used whether or not people know they are truly deficient.



鎂



鎂是一種礦物質，天然地在很多食物中都可以找到，亦是各種補充品，藥物如抗酸劑和瀉藥的成分。鎂在我們身體內協助各器官系統進行近300種化學反應，甚至對血糖調節，血壓以及肌肉和神經功能方面都有著重要的作用。除此之外，鎂亦是使肌肉收縮並使心臟穩定跳動的電導體，對我們整體的身體健康有很大的影響。

建議攝取量

RDA：10至51歲以上成人的平均每日膳食攝入量為男性每天400至420毫克和女性每天310至320毫克。

鎂與健康

鎂是使身體多個部位如心臟，骨骼，肌肉，神經等平穩運轉的關鍵因素。如果身體內的鎂含量不足，這些身體系統就可能發生故障。研究發現鎂缺乏或低鎂飲食會導致健康問題。不少研究指出，鎂含量較高的飲食與較低的疾病發生率有關，而鎂的補充劑亦有可彌補飲食上鎂的不足的可能性。一般來說，富含鎂的飲食同時所含的其他營養成分亦通常較高。與單一的營養素補充劑相反，富含各種營養成分的健康飲食對預防疾病更為有效。為了預防疾病，最好的方法是每天攝取一些富含鎂的食物，並在醫生的指引下服用補充劑，以在鎂的血液水平低時糾正不足。

食物來源

鎂可以植物如豆類，深綠色的蔬菜，堅果，種子，全穀物和強化穀物等找到。它也存在於魚類，家禽和牛肉等肉類中。

鎂補充劑

由於鎂的缺乏會導致肌肉痙攣，鎂補充劑是腿腳抽筋的常用療法。但很多人在不清楚他們是否確實鎂不足的情況下，就已自行使用這些補充劑，這有可能造成鎂的攝取量過多。

