Magnesium - *cont. from pg. 15*

can decrease the absorption of medications in this drug class used to treat osteoporosis. To prevent the effect, take bisphosphonates two hours before or after magnesium.

Antibiotics: Taking magnesium with certain antibiotics, such as doxycycline and ciprofloxacin, can decrease the body's absorption of the drugs. Take antibiotics two hours before or 4-6 hours after you take a magnesium supplement.

Diuretics: Potassium-sparing diuretics, such as Aldactone (spironolactone), may decrease the amount of magnesium lost through your urine. When taken with a magnesium supplement, the diuretic may cause the magnesium level in your body to become too high.

Zinc: Very high doses of zinc may interfere with your body's ability to absorb magnesium.

Check with your healthcare provider or pharmacist about any interaction magnesium may have with other medications or supplements you are already taking.

Sources: Nuts and seeds

Nuts and seeds may be small, but they pack a nutritional punch with gobs of protein, fiber, healthy fats and minerals such as magnesium. Almonds (roasted), Cashews (roasted), Flaxseed (whole),Peanuts (dry roasted), Pumpkin seeds (hulled, roasted), Chia seeds

Legumes Black beans (boiled) Edamame (cooked, prepared), Lima beans (cooked), Fiber-rich whole grains

Magnesium content is yet another reason to add whole grains to your diet. Quinoa, Shredded wheat (plain, unfrosted),

Dairy products Milk (nonfat) Yogurt (plain, low fat)

Greens Dark and leafy greens qualify as superfood, with magnesium content being just one of their many superpowers.

Spinach (cooked) Swiss chard (cooked) Collard greens.

Fruit

It's recommended that you eat two servings of fruit per day as part of a healthy diet.

Avocados: One whole avocado, Bananas: One medium banana, Papaya: One small papaya,Blackberries: 1 cup.

Vegetables

"Eat your veggies" has long been good advice. These three will help you meet your magnesium goals:

Green peas: 1/2 cup, Sweet corn: 1/2 cup , Potatoes: One medium potato with skin.

Chocolate

Dark chocolate is a decadent treat that can treat your body right when it comes to magnesium.

Dark chocolate (70%-85% cocoa).

What about a magnesium supplement?

Magnesium supplements can be helpful if a doctor determines you have magnesium deficiency. But if you have no major health problems, try to get magnesium from what's on your plate.

"If you take a dietary supplement for magnesium and take too much, you may experience uncomfortable side effects such as cramping, diarrhea and nausea."

Make an appointment to speak with Nimi a Registered/Licensed Dietitian at Modern Maturity Center at 302-734-1200 X144 and get your questions answered!!!!

The Farmer's Market returns to MMC for the 4th year!

Through the end of November, MMC will have fresh produce available for sale, every Thursday from 11 a.m. to 1 p.m. in the Longwood Room. You can redeem Seniors Farmer Market coupons or buy vegetables with cash.

Dettwiller Farm, an Amish owned farm, specializes in honey, eggs, and vegetable locally grown without pesticides and picked that morning. If you have any questions, contact MMC Dietitian Nimi Bhagawan 302-734-1200 x144

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