

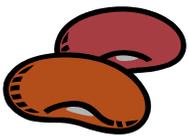
Why are Calcium and Magnesium important?

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Calcium and magnesium are minerals that your body uses to keep bones staying strong, help with blood vessel function and keep a steady heart rhythm. Calcium can be found mostly in dairy products, but can also be found in fortified cereals and broccoli. Magnesium can be found in nuts, green leafy vegetables, beans and whole-grain cereals. Having deficiencies in calcium can lead to osteoporosis or brittle bones. Having deficiencies in magnesium can lead to inflammation which can then lead to diabetes, heart disease and some types of cancers.

As we age, our bodies are no longer able to store calcium as efficiently so it is important to get plenty of calcium through our diet. For older adults, the recommended intake of calcium is 1,200 mg per day for optimal health. The recommended intake for magnesium for older adults is 320mg a day for women and 420mg a day for men.

Dairy sources of calcium for adults 51+	Amount
Low-fat plain yogurt, 1/2 cup	186mg
Milk, 1 cup	300mg
Non-Dairy sources	
Canned sardines with bones, 3oz	333mg
Tofu with calcium sulfate, 1/2cup	253mg
Pink Salmon, canned, with bone, 3oz	181mg
Almonds, 1oz	75mg
Spinach, cooked, 1/2 cup	146mg
Kale, 1 cup chopped	100mg
<i>Supplements after speaking with doctor</i>	



Dairy sources of magnesium for adults 51 +	Amounts
Low-fat plain yogurt, 1/2 cup	18mg
Milk, 1 cup	46mg
Non-Dairy sources	
Almonds, 1oz	80mg
Peanuts, 1/4cup	63mg
Spinach, cooked 1/2cup	78mg
Kale, 1 cup chopped	31mg
<i>Supplements after speaking with doctor</i>	

Information references:

<http://www.webmd.com>, <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>, <http://umm.edu/health/medical/altmed/supplement/magnesium>, <http://www.health.gov/Dietaryguidelines/dga2005/document/html/AppendixB.htm>

Benefits of magnesium

- Regulates blood pressure
- Promotes a healthy heart
- Decreases migraine headaches
- Decreases risk of osteoporosis
- Reduces gastrointestinal troubles
- Reduces risk of Type II Diabetes



Benefits of calcium

- Promotes bone health
- Promotes healthy blood vessel function
- Helps with proper muscle contraction
- Aids in nerve signal transmission
- Helps with blood clotting



Flavorful Spinach Salad



Ingredients:

- 2 cup spinach
- 1oz sliced almonds
- 1/2 cup black beans (low sodium)
- 2tbsp cheddar cheese, low fat
- 1/2 cup diced tomato
- 2 tbsp balsamic vinaigrette

Instructions: Add all ingredients to an appropriately sized bowl, toss with spoon and enjoy!
Serves 1

Nutrition: 350 calories, 185 mg magnesium, 245 mg calcium

What can decrease calcium and magnesium absorption?

- Caffeine intake
- Smoking
- Alcohol
- *Some medications



Tips for increasing calcium and magnesium absorption

- Add dark leafy greens
- Eat foods that are high in calcium and magnesium
- Add a handful of almonds or peanuts to your diet
- Decrease caffeine and alcohol intake
- Add yogurt to daily routine
- *Include weight bearing exercise in your daily routine

*Please see your health care provider for additional information about your cal, mag intake and appropriate exercise routine

References:

<http://www.healthaliciousness.com/articles/foods-high-in-magnesium.php>, www.choosemyplate.gov, www.choosemyplate.gov