

Over half of Australians are not meeting their magnesium requirements* due to poor diet and going about their day unaware, suffering symptoms that are not easily recognisable. Magnesium is essential to our body functions, so Australians need to ensure they're getting enough to avoid health risks for present and future life. Thankfully, adding magnesium to your diet is easy thanks to ¼ cup of cashews, or even one 300ml bottle of a "better-for-you" drink! Everyone has probably heard of magnesium before, but what actually is it and why do we need it? One of Australia's leading Dietitians and Nutritionists, Rebecca Gawthorne explains, "Magnesium is an essential mineral that acts as a co-factor for more than 300 enzyme systems in our body. It is needed for protein synthesis, regulating hormones, nerve and muscle functioning, blood pressure control, blood sugar regulation, DNA synthesis and immune health." The estimated average requirement (EAR) of magnesium for adults is 330-350mg/day for men and 255-265mg/day for women. Rebecca explains the importance of magnesium in energy production, "Magnesium also plays a vital role in both aerobic and anaerobic energy production! Our bodies require magnesium to synthesise adenosine triphosphate (ATP). ATP is an energy carrying molecule that captures chemical energy from the breakdown of food molecules and then releases it to fuel the processes that occur in our body's cells." "Hence magnesium is essential for making us feel energetic! If you are constantly feeling, tired, fatigued and lacking energy, there is a possibility that you may be low in magnesium," says Rebecca. If adults are not meeting the recommended dietary intake of magnesium, they may become deficient in magnesium. Common symptoms of magnesium deficiency include: Fatigue Muscle cramps and spasms Poor sleep Headaches and migraines Nausea Loss of appetite High blood pressure Heart arrhythmia Osteoporosis Depression Rebecca explains how magnesium is widely distributed in the food supply in both plant and animal foods, "Most green vegetables, legumes (lentils, peas, beans), nuts and seeds are rich in magnesium, as are some shellfish, spices and salmon. Many unrefined grains and cereals are also sources of magnesium, along with magnesium fortified foods, drinks and supplements like Level Lemonade; a low sugar soft-drink that is fortified with magnesium." Rebecca's top recommended sources of magnesium and their magnesium content: Cashews ~ 90mg per 1/4 cup Brazil nuts ~ 130mg per 1/4 cup Spinach ~ 150mg per 1 cup, cooked Oats ~ 60mg per 30g Legumes ~ 120mg per 1 cup, cooked Pumpkin seeds ~ 180mg per 1/4 cup Soy Milk ~ 61mg per cup Salmon ~ 53mg per 180g Tofu ~ 50mg per 100g Level Lemonade 160mg per 300ml bottle "If you're unsure whether you are hitting your magnesium targets or are experiencing any of the symptoms of magnesium deficiency, always consult your GP and Dietitian," adds Rebecca. Level Lemonade, the new "better for you" soft-drink range taking lemonade to a new level, is now available nationally at Caltex and selected Ezy Marts in three flavours; Original Lemon, Lemon&Orange and Lemon&Pineapple. RRP \$3.85 per 300ml bottle. www.level-lemonade.com @levellemonade #levellemonade *Health Direct, last reviewed December 2018: <https://www.healthdirect.gov.au/foods-high-in-magnesium>

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