



Spinach is a good source of magnesium. Magnesium is the central atom in the green plant pigment chlorophyll. The chlorophyll structure is shown on the right.

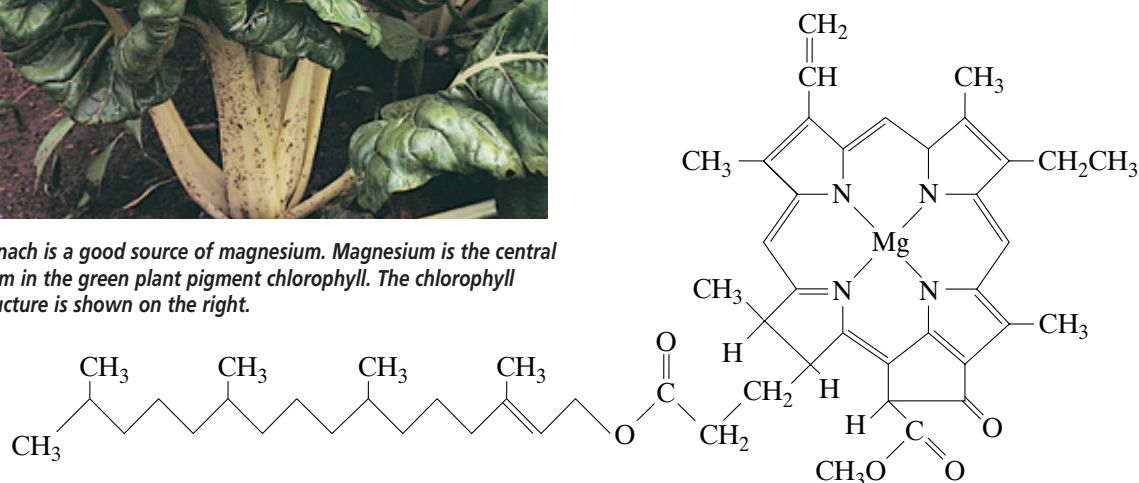


TABLE 2B Good Sources of Magnesium in the Diet

Food	Serving size	Magnesium present (mg)
Barley, raw	1 cup	244
Beef, broiled sirloin	4 oz	36
Cabbage, raw	1 med. head	134
Cashews, dry-roasted	1 oz	74
Chicken, roasted breast	4 oz	31
Lima beans, boiled	1/2 cup	63
Oatmeal	1 oz	39
Potato, baked	7.1 oz	115
Prunes, dried	4 oz	51
Rice bran	8 oz	648
Salmon, canned	4 oz	39
Spinach, raw	10 oz	161

The recommended dietary intake of magnesium is 400 mg per day. This is equivalent to just 4 oz of bran cereal. Because magnesium levels are easily maintained by a normal diet, it is unusual for anyone to have a magnesium deficiency. Most magnesium deficiencies are the result of factors that decrease magnesium absorption. People with gastrointestinal disorders, alcohol abusers, and the critically ill are most likely to have these types of absorption problems.

Excess magnesium in the diet is excreted by the kidneys, so there are no cumulative toxic effects.