

Magnesium & Vitamin D

The benefits of exogenous and endogenous vitamin D may not be reached without the adequate presence of magnesium in the body. Vitamin D needs to be converted from its storage/inactive form to an active form and magnesium helps facilitate this process. Magnesium is the co-factor for the synthesis of vitamin D, whether the vitamin D is coming from the sun or from dietary sources. The bioavailability of vitamin D is dependent on magnesium!

CHAT WITH ME!

Have any questions concerning food, nutrition & overall health?
Feel free to email me on mmhardy@stfx.ca for any inquiries



Did you know?

Males aged 19-30yrs need 400 mg/ day
Females aged 19-30yrs need 310 mg/day
Are you getting enough?

DINING HACK

Maximize magnesium intake on campus:

- Add nuts/seeds to yogurt parfaits, salads or consume as snacks
- Choose spinach as a salad base
- Try vegetarian dishes with edamame and black beans
- Enjoy a side of potato wedges
- Optimize your recovery with a milk, fruit and hemp seed smoothie

Increase magnesium intake to optimize benefits of Vitamin D

Food Sources Include



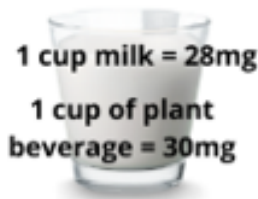
2 cups raw = 50mg



1/2 cup = 44mg



1/4 cup = 239mg



1 cup milk = 28mg

1 cup of plant beverage = 30mg



1 medium = 48mg



1/2 cup = 57mg



2 tbsp = 62mg



1/4 cup = 317mg

Try some of these high magnesium foods to boost your intake over the winter months to help improve your vitamin D status.

