

# Magnesium

## Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Magnesium. The following contains some information on food sources to help improve this.

Magnesium is needed for healthy bones and turning food into energy. It is also needed for muscle development and nerve function.

Magnesium is present in both animals and plants and is widely available in a range of foods. However, less than half is usually absorbed.





### Best food sources:

- Wholegrain breakfast cereals e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix
- Wholemeal bread
- Sardines
- Cheese

### Other sources:

- White bread
- Yeast extract e.g. Marmite, Vegemite or supermarket own brand
- Cabbage
- Cod
- Baked beans
- Chicken
- Beef
- Ham
- Hummus
- Potatoes – old and boiled
- Dry roasted peanuts (not suitable for young children due to choking hazard)

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Developed by: Leanne Fawcett, Children's Dietetic Assistant & The Children's Dietetic Team  
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