



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Let's Talk about Magnesium!

There are hundreds of tiny functions in the body that require magnesium to work properly. If you're trying to stay cool in summer, magnesium is important for regulating body temperature. It also helps to regulate blood sugar levels, blood pressure, muscle and nerve function; make protein and DNA; and build bones. If you have health conditions like diabetes or celiac disease, you may be at greater risk for magnesium (Mg) deficiency.

Possible low Mg symptoms:

- Loss of appetite
- Nausea & vomiting
- Fatigue & weakness



Possible severe Mg deficiency:

- Numbness & tingling
- Muscle cramps
- Seizures
- Abnormal heart rhythm

Magnesium is natural to many foods, and fortified (added) in others. Eat a variety of seeds, nuts, beans, whole grains, fruit (esp. bananas) and green leafy vegetables (esp. spinach), as well as fortified cereals and beverages. If you're following the food as medicine trend, try these recipes for their magnesium-rich ingredients.

Grilled Lemon-Spinach Stuffed Pork Chops

Ingredients:

- 1 garlic clove, minced
- 3 Tbsps. finely chopped shallot
- 3 tsps. olive oil
- 1 bag (8 ounces) baby spinach
- 3/4 tsp. lemon zest
- 1/4 + 1/2 tsp. salt
- 1/4 + 1/8 tsp. ground black pepper
- 4 boneless center-cut pork chops (~2 lbs.)

Directions:

1. In large skillet, cook garlic and shallot in 2 tsps. oil over medium heat 2 minutes or until softened, stirring occasionally. Stir in spinach and cook 2 minutes or until spinach is wilted; remove from heat. Stir in lemon zest, 1/4 tsp. salt and 1/8 tsp. black pepper; cool 5 minutes and coarsely chop.
2. Prepare outdoor grill for direct grilling over medium heat. With sharp knife, carefully cut a horizontal slit in thickest part of each pork chop to create a pocket; stuff each pork chop with about 2 Tbsps. of spinach mixture. Coat pork chops with 1 tsp. oil; sprinkle with 1/2 tsp. salt and 1/4 tsp. black pepper.
3. Place pork chops on hot grill rack; cover and cook 12 minutes or until internal temperature of pork chops reaches 145°, turning once halfway through cooking.



Frozen Banana Cream with Fresh Berries

Ingredients:

- 2 medium bananas
- 2 Tbsps. nonfat milk
- 1/8 tsp. ground nutmeg
- 2 Tbsps. chopped, unsalted nuts or seeds
- 3/4 cup fresh raspberries
- 1/2 cup fresh blueberries

Directions:

1. Line large rimmed baking pan with parchment paper. Peel and slice bananas; place on prepared pan and freeze 2 hours.
2. In food processor, pulse frozen banana slices until they resemble coarse crumbs; process until smooth. Add milk and nutmeg; process until combined.
3. Transfer banana mixture to medium bowl; stir in nuts or seeds. Divide mixture into 4 bowls; evenly sprinkle with raspberries and blueberries. Makes about 2-1/2 cups.

