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Magnesium magic: Boost brain power with these dietary habits

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Been feeling forgetful or struggling to concentrate lately? Your diet may be to blame. Research has shown a strong link between magnesium intake and brain health, especially in women. Unfortunately, many people don't get enough magnesium in their diets.



But don't worry — increasing your magnesium intake can be simple and delicious with a few easy tips.

Magnesium is an essential mineral that is required for several important bodily functions, including regulating blood pressure, supporting nerve and muscle function and maintaining healthy bones. However, many people do not consume enough magnesium in their diets. In fact, according to the National Institutes of Health (NIH), around 50% of the population does not get the recommended daily amount of magnesium.

CAFFEINE AND ALCOHOL CAN INTERFERE WITH MAGNESIUM ABSORPTION, SO IT'S A GOOD IDEA TO LIMIT YOUR INTAKE OF THEM

HOW TO INCREASE MAGNESIUM LEVELS IN YOUR BODY?

The best way to increase your intake of the mineral is by including magnesium-rich foods in your diet. Make it a point to add the following food groups to your daily meals

Dark leafy greens: Spinach, kale and cabbage can be eaten in salads. They can also be consumed as part of smoothies.

Nuts and seeds: Almonds, cashews, pumpkin seeds, and sesame seeds are all good sources of magnesium. Soak them overnight before consumption. Whole grains: Ditch white flour bread for brown rice, quinoa and whole wheat bread. They can also be had as part of soups, stews and morning oatmeal.

Legumes: Amp up your consumption of dal — options such as lentils, chickpeas and black beans are good sources of magnesium.

It is just as important to know what to cut out of your diet or consume less of. Studies have shown that caffeine and alcohol can interfere with magnesium absorption, so it's a good idea to limit your intake of these substances.

Use more herbs in your cooking: Try adding herbs and
spices to your meals to increase your magnesium intake. Herbs and spices such as basil, coriander and cumin have been seen to be rich in magnesium.

Eat more fruits and veggies: Fruits and vegetables are generally rich in a variety of vitamins and minerals, including magnesium. But fruits and vegetables that are high in magnesium are bananas, avocados, figs and sweet potatoes.