

Title: Would you get enough magnesium? Research suggests diabetes risk may fall as magnesium intake increases

Do you get enough magnesium in what you eat? Do you realize it might aid the prevention of diabetes?

Dr. Ka He from the University of North Carolina at Chapel Hill and colleagues have found that people who consumed the most magnesium from foods and nutritional vitamin supplements were about 50 % as prone to develop diabetes over the next 2 decades as folks who took at all magnesium.

Inside their study, the researchers viewed magnesium intake and diabetes risk in 4,497 women and men aged 18 to thirty years old, none of whom were diabetic in the study's outset. After a 20-year follow-up period, 330 of the subjects developed diabetes.

Individuals with the highest magnesium intake were 47 percent less likely to develop diabetes than others with the lowest intakes (average of 100 milligrams of magnesium per 1,000 calories).

The study noted, however, that large clinical trials testing the effects of magnesium on diabetes risk are essential to discover whether a causal relationship truly exists.

The outcome of the study could explain why eating whole grains, that are elevated in magnesium, is related to lower diabetes risk. Even though whole grains certainly are a common supply of magnesium, there are several other sources of magnesium to think about.

Vegetables including spinach are fantastic sources because the center of the chlorophyll molecule (which gives green vegetables their color) contains magnesium. Some legumes (beans and peas), nuts and seeds, and whole, unrefined grains will also be good sources.

Plain tap water may also be a source of magnesium, however the amount varies according to the water supply. Water that naturally contains more minerals is identified as "hard."

The proposed factors why an increased intake of magnesium could lower the risk for developing diabetes vary, but according to the National Institutes of Health, Magnesium plays an important role in carbohydrate

metabolism. It may influence the release and activity of insulin, the hormone that helps control blood glucose (sugar) levels.

The lesson? Increasing magnesium intake might be essential for improving insulin sensitivity, reducing systemic inflammation, and decreasing diabetes risk.

So you? Exactly what are you waiting for? Begin immediately to introduce more magnesium rich foods in your daily diet!

About me: A. S. Bernstein is writing for the hypoglycemic recipes website, her personal hobby blog about suggestions to help individuals to prevent Diabetes and enhance the awareness on healthy eating.

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