

Magnesium - Meeting Requirements through Diet *continued*

EAR = Estimated Average Requirement

Aust. EAR - adult male	Aust. EAR - adult female
340 mg	260 mg

PEPITAS - raw				
Minerals	Unit	Value per 100 g	Value per 30 grams	Value per 50 grams
Calcium, Ca	mg	46	14	23
Iron, Fe	mg	9	3	4
Magnesium, Mg	mg	592	178	296
Phosphorus, P	mg	1233	370	617
Potassium, K	mg	809	243	405
Sodium, Na	mg	7	2	4
Zinc, Zn	mg	8	2	4

CASHEWS - raw				
Nutrient	Unit	Value per 100 g	Value per 30 grams	Value per 50 grams
Minerals				
Calcium, Ca	mg	37	11	19
Iron, Fe	mg	7	2	3
Magnesium, Mg	mg	292	88	146
Phosphorus, P	mg	593	178	297
Potassium, K	mg	660	198	330
Sodium, Na	mg	12	4	6
Zinc, Zn	mg	6	2	3

ALMONDS - raw				
Nutrient	Unit	Value per 100 g	Value per 30 grams	Value per 50 grams
Minerals				
Calcium, Ca	mg	269	81	135
Iron, Fe	mg	4	1	2
Magnesium, Mg	mg	270	81	135
Phosphorus, P	mg	481	144	241
Potassium, K	mg	733	220	367
Sodium, Na	mg	1	0	1
Zinc, Zn	mg	3	1	2

SOURCE: <https://www.nrv.gov.au/nutrients>

SOURCE: <https://ndb.nal.usda.gov/ndb/nutrients/index>

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AUSTRALIAN DIETARY GUIDELINES Mature Adults EAR Values

Values vary slightly at different ages and stage in life cycle

For convenience, we have used the values for mature adults

Nutrient	Unit	Male Adults	Female Adults
Calcium	mg	840	840
Iron	mg	6	8
Magnesium	mg	340	260
Phosphorus	mg	580	580
Potassium	mg	3,800	2,800
Zinc	mg	12	7

SOURCE: <https://www.nrv.gov.au/nutrients>
(Nutrient Reference Values Australia and New Zealand)

SPECIAL NOTES:

1. Use of Estimated Average Requirement (EAR) values alone provides a 'snapshot' of requirements for adults whose stage in the life cycle does not impose specific nutrient needs.
2. RDA values from US data sources vary sometimes considerably when compared with Australian RDI and EAR levels.