



Sunny Meadow

MEDICAL CLINIC

How Much Magnesium Do You Need?



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While a balanced diet that regularly includes magnesium-rich foods should meet your needs, most people in America don't consume enough. Why? The modern industrialized diet — also known as the standard American diet (aptly acronymed as SAD) — is high in processed, packaged foods. And it tends to lack good, plant-based sources of magnesium.

So how much magnesium should you be aiming for? The Recommended Dietary Allowances (RDA) for magnesium are as follows:

- 0-6 months: 30 mg
- 7-12 months: 75 mg
- 1-3 years: 80 mg
- 4-8 years: 130 mg
- 9-13 years: 240 mg
- Boys 14-18 years: 410 mg
- Girls 14-18 years: 360 mg
- Men 19+ years: 400-420 mg
- Women 19+ years: 310-320 mg
- Pregnant teens: 400 mg
- Pregnant women: 350-360 mg
- Breastfeeding teens: 360 mg
- Breastfeeding women: 310-320 mg