

MANGANESE

There is not an established Recommended Dietary Allowance for Manganese. However, 5 mg per day is the 'Adequate Intake' level to prevent bone decay.

Foods Containing the Highest Levels of Manganese (Mn mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5 2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

Food Groups Excluded:

- Beef Products
 - Dairy and Egg Products
 - Lamb, Veal, and Game Products
 - Legumes and Legume Products
 - Nut and Seed Products
 - Pork Products
 - Poultry Product
 - Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

Description	Manganese, Mn(mg) Per 100 g
Fireweed, leaves, raw	6.704
Lemon grass (citronella), raw	5.224
Blueberries, wild, frozen	2.87
Grape leaves, raw	2.855
Seaweed, spirulina, dried	1.9
Garlic, raw	1.672
Lambsquarters, raw (Northern Plains Indians)	1.49
Seaweed, wakame, raw	1.4
Rose Hips, wild (Northern Plains Indians)	1.02
Seaweed, laver, raw	0.988
Chrysanthemum leaves, raw	0.943
Pineapple, raw, all varieties	0.927
Spinach, raw	0.897
Amaranth leaves, raw	0.885
Okra, raw	0.788

Grapes, american type (slip skin), raw 0.7 Raspberries, raw 0.6 Kale, raw 0.6 Collards, raw 0.6 Kale, scotch, raw 0.6 Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0.5 Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.4 Lentils, sprouted, raw 0.4 Turnip greens, raw 0.4 Veas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Mustard spinach, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3	Stinging Nettles, blanched (Northern Plains Indians)	0.779
Raspberries, raw 0.6 Kale, raw 0.6 Collards, raw 0.6 Kale, scotch, raw 0.6 Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.5 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.3 Wasabi, root, raw 0.3 Beet greens, raw 0.3 Strawberries, raw 0.3 Staweed, agar, raw 0.3	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.76
Kale, raw 0.6 Collards, raw 0.6 Kale, scotch, raw 0.6 Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0 Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.5 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Set greens, raw 0.3 Strawberries, raw 0.3 Steaweed, agar, raw 0.3 Chives, raw	Grapes, american type (slip skin), raw	0.718
Collards, raw 0.6 Kale, scotch, raw 0.6 Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.4 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed, irishmoss	Raspberries, raw	0.67
Kale, scotch, raw 0.6 Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.4 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Beans, navy, mature seeds, sprouted, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Set greens, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed,	Kale, raw	0.659
Blackberries, raw 0.6 New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.4 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Chicory greens, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Beet greens, raw 0.3 Strawberries, raw 0.3 Scaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed, irishmoss, raw 0.4	Collards, raw	0.658
New Zealand spinach, raw 0.6 Potatoes, raw, skin 0.6 Mushrooms, morel, raw 0.5 Prickly pears, raw (Northern Plains Indians) 0.5 Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.4 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Chicory greens, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Set greens, raw 0.3 Strawberries, raw 0.3 Scaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed, irishmoss, raw 0.4	Kale, scotch, raw	0.648
Potatoes, raw, skin Mushrooms, morel, raw O.5 Prickly pears, raw (Northern Plains Indians) O.5 Parsnips, raw O.5 Boysenberries, frozen, unsweetened O.5 Lentils, sprouted, raw O.5 Leeks, (bulb and lower leaf-portion), raw Turnip greens, raw O.4 Cricander (cilantro) leaves, raw Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw O.4 Mustard spinach, (tendergreen), raw O.4 Yam, raw Beet greens, raw O.3 Strawberries, raw O.3 Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.5 O.5 O.5 O.5 O.5 O.5 O.5 O.	Blackberries, raw	0.646
Mushrooms, morel, raw Prickly pears, raw (Northern Plains Indians) Parsnips, raw O. Cress, garden, raw O.5 Boysenberries, frozen, unsweetened O.5 Lentils, sprouted, raw O.5 Leeks, (bulb and lower leaf-portion), raw O.4 Turnip greens, raw O.4 Chicory greens, raw O.4 Coriander (cilantro) leaves, raw Coriander (cilantro) leaves, raw O.4 Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw O.4 Mustard spinach, (tendergreen), raw O.4 Wasabi, root, raw O.3 Broccoli raab, raw O.3 Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.3 Seaweed, irishmoss, raw O.5	New Zealand spinach, raw	0.639
Prickly pears, raw (Northern Plains Indians) Parsnips, raw Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.5 Leeks, (bulb and lower leaf-portion), raw Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Seaweed, irishmoss, raw 0.5	Potatoes, raw, skin	0.602
Parsnips, raw 0. Cress, garden, raw 0.5 Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.5 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.9 Beans, navy, mature seeds, sprouted, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Broccoli raab, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Seaweed, agar, raw 0.3 Seaweed, irishmoss, raw 0.3	Mushrooms, morel, raw	0.587
Cress, garden, raw Boysenberries, frozen, unsweetened Cress, (bulb and lower leaf-portion), raw Curnip greens, raw Chicory greens, raw Chicory greens, raw Chicory greens, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw Chas, green, raw Chustard spinach, (tendergreen), raw Campan,	Prickly pears, raw (Northern Plains Indians)	0.583
Boysenberries, frozen, unsweetened 0.5 Lentils, sprouted, raw 0.5 Leeks, (bulb and lower leaf-portion), raw 0.4 Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.8 Beans, navy, mature seeds, sprouted, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Broccoli raab, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed, irishmoss, raw 0.5	Parsnips, raw	0.56
Lentils, sprouted, raw Leeks, (bulb and lower leaf-portion), raw O.4 Turnip greens, raw O.4 Peas, mature seeds, sprouted, raw Chicory greens, raw O.4 Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw O.8 Beans, navy, mature seeds, sprouted, raw O.9 Mustard spinach, (tendergreen), raw O.9 Yam, raw O.3 Broccoli raab, raw O.3 Beet greens, raw O.3 Strawberries, raw O.3 Strawberries, raw O.3 Chives, raw O.3 Seaweed, irishmoss, raw O.5 O.5 O.5 O.6 O.7 O.7 O.7 O.7 O.7 O.7 O.7	Cress, garden, raw	0.553
Leeks, (bulb and lower leaf-portion), raw Turnip greens, raw O.4 Peas, mature seeds, sprouted, raw Chicory greens, raw Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw O.4 Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw O.4 Yam, raw O.3 Broccoli raab, raw O.3 Beet greens, raw O.3 Strawberries, raw O.3 Strawberries, raw O.3 Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.4 O.5 O.6 O.7	Boysenberries, frozen, unsweetened	0.547
Turnip greens, raw 0.4 Peas, mature seeds, sprouted, raw 0.4 Chicory greens, raw 0.4 Coriander (cilantro) leaves, raw 0.4 Chokecherries, raw, pitted (Northern Plains Indians) 0.4 Peas, green, raw 0.8 Beans, navy, mature seeds, sprouted, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Chives, raw 0.3 Seaweed, agar, raw 0.3 Seaweed, irishmoss, raw 0.3	Lentils, sprouted, raw	0.506
Peas, mature seeds, sprouted, raw Chicory greens, raw Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw Oders, green, raw Oders, green, raw Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw Oders, raw Oders	Leeks, (bulb and lower leaf-portion), raw	0.481
Chicory greens, raw Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw Yam, raw Broccoli raab, raw O.3 Broccoli raab, raw O.3 Wasabi, root, raw Beet greens, raw O.3 Strawberries, raw Chives, raw O.3 Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.4 O.4 O.5 O.6 O.7 O.7 O.7 O.8 O.8 O.8 O.9 O.9 O.9 O.9 O.9	Turnip greens, raw	0.466
Coriander (cilantro) leaves, raw Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw 0.4 Peas, green, raw 0.4 Mustard spinach, (tendergreen), raw 0.4 Yam, raw 0.3 Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Seaweed, irishmoss, raw 0.6	Peas, mature seeds, sprouted, raw	0.438
Chokecherries, raw, pitted (Northern Plains Indians) Peas, green, raw O.4 Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw O.4 Yam, raw O.3 Broccoli raab, raw O.3 Wasabi, root, raw O.3 Strawberries, raw O.3 Strawberries, raw O.3 Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.3 Seaweed, irishmoss, raw O.4 O.4 O.4 O.5 O.6 O.7 O.7 O.7 O.7 O.7 O.7 O.7	Chicory greens, raw	0.429
Peas, green, raw Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw Yam, raw Broccoli raab, raw Wasabi, root, raw Beet greens, raw Strawberries, raw Chives, raw Seaweed, agar, raw O.3 Seaweed, irishmoss, raw O.3 Seaweed, irishmoss, raw O.4 O.4 O.4 O.5 O.5 O.6 O.7 O.7 O.7 O.7 O.7 O.7 O.7	Coriander (cilantro) leaves, raw	0.426
Beans, navy, mature seeds, sprouted, raw Mustard spinach, (tendergreen), raw O.4 Yam, raw Broccoli raab, raw O.3 Wasabi, root, raw Beet greens, raw O.3 Strawberries, raw O.3 Chives, raw Seaweed, irishmoss, raw O.4 O.4 O.4 O.5 O.6 O.7 O.7 O.8 O.8 O.8 O.8 O.8 O.8	Chokecherries, raw, pitted (Northern Plains Indians)	0.417
Mustard spinach, (tendergreen), raw Yam, raw Broccoli raab, raw O.3 Wasabi, root, raw Beet greens, raw O.3 Strawberries, raw O.3 Seaweed, agar, raw O.3 Chives, raw O.3 Seaweed, irishmoss, raw O.4 O.4 O.4 O.5 O.6 O.7 O.7 O.7 O.8 O.8 O.8 O.9 O.9 O.9 O.9 O.9	Peas, green, raw	0.41
Yam, raw Broccoli raab, raw 0.3 Wasabi, root, raw 0.3 Beet greens, raw 0.3 Strawberries, raw 0.3 Seaweed, agar, raw 0.3 Chives, raw 0.3 Seaweed, irishmoss, raw	Beans, navy, mature seeds, sprouted, raw	0.408
Broccoli raab, raw Wasabi, root, raw Beet greens, raw Strawberries, raw Seaweed, agar, raw Chives, raw Seaweed, irishmoss, raw 0.3 0.3 0.3	Mustard spinach, (tendergreen), raw	0.407
Wasabi, root, raw Beet greens, raw O.3 Strawberries, raw O.3 Seaweed, agar, raw O.3 Chives, raw O.3 Seaweed, irishmoss, raw	Yam, raw	0.397
Beet greens, raw Strawberries, raw Seaweed, agar, raw Chives, raw Seaweed, irishmoss, raw 0.3 0.3 0.3	Broccoli raab, raw	0.395
Strawberries, raw Seaweed, agar, raw Chives, raw Seaweed, irishmoss, raw 0.3 0.3	Wasabi, root, raw	0.391
Seaweed, agar, raw Chives, raw Seaweed, irishmoss, raw 0.3	Beet greens, raw	0.391
Chives, raw 0.3 Seaweed, irishmoss, raw 0.3	Strawberries, raw	0.386
Seaweed, irishmoss, raw 0.	Seaweed, agar, raw	0.373
	Chives, raw	0.373
Raspherries, wild (Northern Plains Indians)	Seaweed, irishmoss, raw	0.37
Caspositios, with (North Cities in Indians)	Raspberries, wild (Northern Plains Indians)	0.368
Chard, swiss, raw 0.3	Chard, swiss, raw	0.366
Arrowhead, raw 0.	Arrowhead, raw	0.36
Pumpkin leaves, raw 0.3	Pumpkin leaves, raw	0.355
Dock, raw 0.3	Dock, raw	0.349
Borage, raw 0.3	Borage, raw	0.349