

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

Stinging Nettles, blanched (Northern Plains Indians)	0.779
Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.76
Grapes, american type (slip skin), raw	0.718
Raspberries, raw	0.67
Kale, raw	0.659
Collards, raw	0.658
Kale, scotch, raw	0.648
Blackberries, raw	0.646
New Zealand spinach, raw	0.639
Potatoes, raw, skin	0.602
Mushrooms, morel, raw	0.587
Prickly pears, raw (Northern Plains Indians)	0.583
Parsnips, raw	0.56
Cress, garden, raw	0.553
Boysenberries, frozen, unsweetened	0.547
Lentils, sprouted, raw	0.506
Leeks, (bulb and lower leaf-portion), raw	0.481
Turnip greens, raw	0.466
Peas, mature seeds, sprouted, raw	0.438
Chicory greens, raw	0.429
Coriander (cilantro) leaves, raw	0.426
Chokecherries, raw, pitted (Northern Plains Indians)	0.417
Peas, green, raw	0.41
Beans, navy, mature seeds, sprouted, raw	0.408
Mustard spinach, (tendergreen), raw	0.407
Yam, raw	0.397
Broccoli raab, raw	0.395
Wasabi, root, raw	0.391
Beet greens, raw	0.391
Strawberries, raw	0.386
Seaweed, agar, raw	0.373
Chives, raw	0.373
Seaweed, irishmoss, raw	0.37
Raspberries, wild (Northern Plains Indians)	0.368
Chard, swiss, raw	0.366
Arrowhead, raw	0.36
Pumpkin leaves, raw	0.355
Dock, raw	0.349
Borage, raw	0.349

