



Manganese Requirements

Manganese is responsible for activating enzymes required for the metabolism of fatty acids, cholesterol, proteins and carbohydrates. It plays an important role in maintaining reproductive health, bone formation, nerve tissue and cognitive function.

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

| AGE GROUPS | RECOMMENDED DAILY ALLOWANCES* |
|-----------------------|---------------------------------|
| Child | 1.2 – 1.5 mg |
| Adult | ♀ 1.6 – 1.8 mg / ♂ 2.2 – 2.3 mg |
| Pregnancy & Lactation | 2 mg |

Your optimal manganese dosage is _____.

Food Sources of Manganese

Fruits

- pineapple (2.56mg/cup)
- raspberries (1.24mg/cup)
- blackberries (0.93mg/cup)
- grapes (0.66mg/cup)
- strawberries (0.42mg/cup)
- dates (0.46mg/cup)
- blueberries (0.40mg/cup)
- figs (0.29mg/cup)

Vegetables *(raw unless otherwise stated)*

- spinach, boiled (1.68mg/cup)
- collard greens, boiled (1.07mg/cup)
- swiss chard, boiled (0.58mg/cup)
- beets, boiled (0.55mg/cup)
- kale, boiled (0.54mg/cup)
- yam, baked with skin (0.50mg/cup)
- okra, boiled (0.47mg/cup)
- winter squash, baked (0.43mg/cup)
- turnip greens, boiled (0.38mg/cup)
- summer squash, cooked (0.38mg/cup)
- green beans, boiled (0.37mg/cup)
- brussel sprouts, boiled (0.35mg/cup)
- broccoli, steamed (0.34mg/cup)
- corn, yellow (0.32mg/cup)
- potato, baked with skin (0.28mg/cup)
- asparagus, boiled (0.27mg/cup)
- onion, yellow (0.22mg/cup)
- crimini mushrooms (0.20mg/cup)
- tomato (0.19mg/cup)
- carrots (0.17mg/cup)



Food Sources of Manganese

Nuts & Seeds *(raw unless otherwise stated)*

- pine nuts (2.48mg/2 tbsp)
- hazelnuts (1.75mg/20 nuts)
- chestnuts (1.68mg/cup)
- pecans (1.27mg/20 halves)
- walnuts (0.96mg/14 halves)
- pumpkin seeds (0.52mg/2 tbsp)
- almonds (0.65mg/24 nuts)
- flaxseeds (0.64mg/2 tbsp)
- sesame seeds (0.44mg/2 tbsp)
- sunflower seeds (0.36mg/2 tbsp)
- brazil nuts (0.34mg/8 nuts)

Beans & Legumes *(cooked unless otherwise stated)*

- chickpeas (1.69mg/cup)
- soybeans (1.42mg/cup)
- navy beans (1.01mg/cup)
- lentils (0.98mg/cup)
- lima beans (0.97mg/cup)
- pinto beans (0.95mg/cup)
- green peas (0.84mg/cup)
- kidney beans (0.84mg/cup)
- split peas (0.78mg/cup)
- black beans (0.76mg/cup)
- green beans (0.37mg/cup)
- mung beans, raw sprouts (0.19mg/cup)

Grains *(cooked unless otherwise stated)*

- oat bran, raw (5.29mg/cup)
- oat bran (2.11mg/cup)
- rice, brown (1.76mg/cup)
- oats, whole grain (1.37mg/cup)
- couscous (1.32mg/cup)
- bulgur (1.11mg/cup)
- rice, white (0.75mg/cup)
- buckwheat groats (0.68mg/cup)
- millet (0.66mg/cup)
- barley (0.62mg/cup)
- rice, wild (0.46mg/cup)

Other

- cinnamon (1.32mg/2 tsp)
- cloves (1.32mg/2 tsp)
- maple syrup (0.44mg/2 tsp)
- turmeric (0.36mg/2 tsp)
- blackstrap molasses (0.36mg/2 tsp)
- celery seeds (0.30mg/2 tsp)
- thyme (0.24mg/2 tsp)
- oregano (0.16mg/2 tsp)
-

USDA. National Nutrient Database for Standard Reference (release 21). <http://www.ars.usda.gov/Services/docs.htm?docid=17477>

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>

Health Canada. Dietary Reference Intakes for Elements. http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php