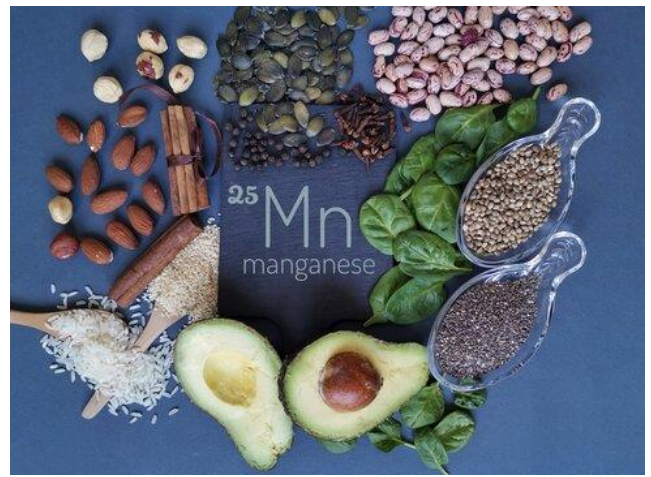


MANGANESE

Did you know???



Manganese is a mineral that your body needs to stay healthy. Your body uses manganese to make energy and protect your cells from damage. Your body also needs manganese for strong bones, reproduction, blood clotting, and a healthy **immune system**.

NUTRITIONAL FACTS

FOOD	QTY	MANGANESE	DAILY %	CARBS	PROTEIN	CALORIES
Mussels	100g	6.8g	296%	7.4g	23.8g	172
Brown Rice	1 cup	2mg	86%	51.7g	5.5g	248
Hazel Nuts	30g	1.9mg	81%	5mg	4.5g	188
Pasta	1 cup	1.8mg	80%	42.1g	8.4g	208
Oats	½ cup	1.5mg	64%	27.4g	5.3g	153
Chickpeas	1 cup	1.4mg	60%	36.9g	11.6g	228
White beans	1 cup	1.3mg	59%	55.5g	19g	298
Quinoa (cooked)	1 cup	1.2mg	51%	39.4g	8.1g	222
Walnuts	30g	1mg	45%	4.1g	4.6g	196
Lentils (cooked)	1 cup	1mg	43%	39.9g	17.9g	229

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets/Manganese-Consumer>