

High Manganese Foods

Food	Serving (Imperial)	Serving (Metric)	Manganese Amount (mg)	% RDA (DV)
Mussels, Cooked	3 oz	85	5.8	252%
Hazelnuts, dry roasted	1 oz	28	1.6	70%
Pecans, dry roasted	1 oz	28	1.1	48%
Rice, brown, cooked	1/2 cup	100	1.1	48%
Clams, cooked	3 oz	85	0.9	39%
Chickpeas, cooked	1/2 cup	85	0.9	39%
Spinach, cooked	1/2 cup	90	0.8	35%
Pineapple, raw	1/2 cup	80	0.8	35%
Bread, whole wheat	1 slice	40	0.7	30%
Oatmeal	1/2 cup	120	0.7	30%
Potato, Flesh & Skin	Medium	170	0.3	13%
Peanuts	1 oz	28	0.5	22%
Lentils, cooked	1/2 cup	100	0.5	22%
Acorn Squash	1/2 cup	100	0.3	13%
Blueberries	1/2 cup	75	0.3	13%

Adult U.S.RDA (Recommend Dietary Allowance)

2.3 mg Male

1.8 mg Female