

Sources of manganese

Manganese is an essential trace mineral needed for forming bones, connective tissue, sex hormones and blood clotting factors. It is also a powerful antioxidant and helps protect against free radicals- molecules that can contribute to ageing and disease.



Adequate intake (AI)



19+ male
5.5 mg/day



19+ female
5.0 mg/day



Pregnancy
5.0 mg/day



Lactation
5.0 mg/day

Food (serving size)	Manganese (mg)
Lobster , wild, raw (100g)	24
Wheat germ , toasted (110g, 1 cup)	22
Mussels , raw (100g)	6.8
Trout , ocean, baked (100g)	3.6
Seaweed , nori, dried (100g, 1/8 cup)	3.5
Pine nuts , raw, unsalted (35 g, ¼ cup)	2.4
Pecans , raw, unsalted (30g, ¼ cup)	1.5
Macadamia nuts , raw (30g, ¼ cup)	1.5
Rolled oats , dry (40g, ½ cup)	1.5
Silver beet , fresh, boiled, drained (100g, ½ cup)	1.4
Brown rice , medium grain, cooked (100g, ½ cup)	1.1
Tofu , firm, raw (100g)	1.1
Hazelnuts , raw (30g, ¼ cup)	1.1
Oysters , Pacific, cooked (100g)	1
Lentils , cooked (75g, 1 cup)	1
Chickpeas , cooked (85g, ½ cup)	0.9
Pineapple , raw, cubes (100g, ½ cup)	0.8
Spinach , boiled (110g, ½ cup)	0.8
Sunflower seeds , raw (30g, ¼ cup)	0.6
Almonds , raw (30g, ¼ cup)	0.6
Tea , black (1 cup)	0.5
Lima beans , cooked (90g, ½ cup)	0.5
Tea, green (1 cup)	0.4
Sweet potato , cooked, mashed (110g, ½ cup)	0.4
Kidney beans , canned, drained (90g, ½ cup)	0.3

Note: Foods high in phytic acid, such as beans, seeds, nuts, whole grains, and soy products, or foods high in oxalic acid, such as cabbage, spinach, and sweet potatoes, may slightly inhibit manganese absorption. Although teas are rich sources of manganese, the tannins present in tea may moderately reduce the absorption of manganese.