

Foods highest in

Manganese

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

2.3 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Cloves	404%	581	1.1	31	Poultry seasoning	97%	392	1.1	33
Saffron	398%	531	1.1	32	Watercress	96%	2843	32.1	909
Cardamom	391%	525	1.1	32	Ground tumeric	96%	284	1.0	28
Toasted Wheat Bran	378%	819	1.8	50	Black pepper	96%	316	1.4	39
Ground ginger	332%	490	1.0	29	Marjoram, dried	87%	659	1.3	37
Cinnamon	278%	515	1.4	38	Celery seeds	84%	307	0.9	26
Basil	233%	1751	13.1	370	Swiss chard	84%	2849	18.6	526
Wheat bran, crude	231%	677	1.6	46	Purslane	82%	855	22.0	625
Toasted wheat germ	227%	521	0.9	26	Fennel seed	82%	321	1.0	29
Rice bran	196%	600	1.1	32	Pineapple, canned	81%	109	5.9	167
Spearmint, dried	175%	762	1.2	35	Chicory greens	81%	1726	15.3	435
Mussels	172%	777	4.1	116	Coriander (cilantro) leaves	81%	1762	15.3	435
Spinach	170%	2601	15.3	435	Mustard greens	80%	2403	13.6	385
Parsley, dried	165%	903	1.3	36	Lambquarters, raw	79%	1219	8.2	233
All-Bran with fiber	164%	1098	1.8	52	Broccoli raab	78%	1267	16.0	455
Wheat germ, crude	161%	416	1.0	28	Balsam-pear (bitter gourd)	78%	1072	11.8	333
All-Bran Buds	143%	874	1.4	40	Beet greens	77%	1964	16.0	455
Okra	139%	671	11.4	323	Garden cress	75%	1639	11.0	313
Seaweed, wakame	135%	562	7.8	222	Thyme, fresh	74%	695	3.5	99
Grape leaves	133%	998	3.8	108	Peppermint, fresh	73%	556	5.0	143
Dill weed	128%	1166	8.2	233	Green leaf lettuce	72%	1957	23.5	667
Thyme, dried	124%	869	1.3	36	Dill weed, dried	68%	458	1.4	40
All-Bran Original	124%	1025	1.4	38	Kale	67%	1747	7.1	200
Taragon, dried	117%	434	1.2	34	Oegano, dried	66%	519	1.2	33
Bay leaf spice	113%	368	1.1	32	Blackberries	65%	285	8.2	233
Spinach, canned	113%	1280	18.6	526	Coffee, instant, decaf	65%	351	176.4	5000
Spearmint, fresh	110%	838	8.0	227	Wheatena	64%	130	6.3	179
Endive	107%	1482	20.7	588	Turnip greens	63%	1791	11.0	313
Pineapple	107%	243	7.3	208	White pepper	63%	171	1.2	34
Coffee, brewed	100%	1132	352.7	10000	Seaweed, agar	62%	359	13.6	385
Oat bran	100%	330	1.4	41	Boston lettuce	60%	1299	27.1	769
Coriander leaf, dried	99%	913	1.3	36	Complete Wheat Bran	58%	1194	1.1	31
Savory	98%	450	1.3	37	Curry powder	57%	323	1.1	31

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Pine nuts, dried	57%	141	0.5	15	Iceberg lettuce	39%	410	25.2	714
Raspberries	56%	234	6.8	192	Tofu, firm	39%	277	5.0	143
Arugula	56%	825	14.1	400	Bulgur	39%	137	1.0	29
Poppy seed	56%	192	0.7	19	Cumin seed	39%	279	0.9	27
Red leaf lettuce	55%	1603	22.0	625	Durum wheat	39%	177	1.0	29
Oats	55%	165	0.9	26	Sprouted soybeans, cooked	38%	296	4.4	123
Dried basil	55%	866	1.4	40	Whole-wheat bread	38%	147	1.4	40
Chives	54%	1205	11.8	333	Swamp cabbage	37%	1506	18.6	526
Chinese cabbage (bok choy)	53%	1749	27.1	769	Tofu, extra firm	36%	261	3.9	110
Strawberries	52%	359	11.0	313	Baking chocolate	36%	144	0.7	20
Cider vinegar	52%	74	16.8	476	Broccoli stalks	36%	764	12.6	357
Complete Oat Bran Flakes	49%	1118	1.0	29	Sprouted alfalfa seeds	36%	496	15.3	435
Garlic	49%	213	2.4	67	Sauerkraut, canned	35%	269	18.6	526
Allspice	49%	178	1.3	38	Leeks	34%	274	5.8	164
Summer squash	48%	546	22.0	625	MultiGrain Oatmeal	34%	121	1.1	30
Zucchini	48%	553	22.0	625	Brussels sprouts	34%	692	8.2	233
Lima beans	47%	252	3.1	88	Cranberries	34%	156	7.7	217
Butternuts, dried	47%	137	0.6	16	Perch	33%	380	3.9	110
Eggplant	45%	279	14.7	417	Beets	33%	205	8.2	233
Japanese chestnuts	45%	158	2.3	65	Dandelion greens	33%	849	7.8	222
Japanese chestnuts, dried	45%	158	1.0	28	Coffee, instant, regular	33%	232	176.4	5000
Raisin Bran Cereal	44%	325	1.1	32	Shredded wheat	33%	136	1.0	30
Tofu	44%	98	3.0	86	Parsnips	32%	190	4.7	133
Brown rice	44%	125	1.0	27	Whole wheat hard pretzels	32%	105	1.0	28
Wheat	44%	121	1.0	29	Rosemary, fresh	32%	281	2.7	76
Sage	43%	554	1.1	32	Kellogg's Special K	32%	529	0.9	26
Hazelnuts or filberts	43%	162	0.6	16	Sun-dried tomatoes	31%	211	1.4	39
Fiber One	43%	519	1.8	50	Seaweed, spirulina	31%	596	13.6	385
Oat bran muffins	42%	138	1.3	37	Chinese chestnuts, raw	31%	123	1.6	45
Bamboo shoots	42%	393	13.1	370	Lotus seeds, dried	30%	156	1.1	30
Cheerios	42%	368	1.0	27	Lotus seeds raw	30%	156	4.0	112
Rice cakes, brown rice	42%	115	0.9	26	Green beans	30%	393	11.4	323
Pineapple juice w/vit C	41%	152	6.7	189	Chili powder	30%	497	1.1	32
Sprouted wheat	41%	171	1.8	51	Pinyon nuts, dried	30%	103	0.6	16
Rhubarb	41%	325	16.8	476	Anise seed	30%	222	1.0	30
Collards	40%	1611	11.8	333	Clams	29%	1591	4.8	135
Romaine lettuce	40%	1566	20.7	588	Tempeh	29%	186	1.8	52
Wheaties	40%	436	1.0	27	Sprouted mung beans, cooked	29%	397	16.8	476

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Pecans	28%	99	0.5	14	Barley	24%	143	1.0	28
Chicken broth, condensed	28%	74	11.4	323	Portabella mushrooms	24%	593	13.6	385
Celery	28%	422	22.0	625	Artichokes	24%	293	7.5	213
Cabbage	28%	497	14.1	400	Oysters	23%	2266	5.2	147
Coriander seed	28%	242	1.2	34	Molasses	23%	64	1.2	34
Tomatoes, ripe	28%	416	19.6	556	Cucumber	23%	264	23.5	667
Asparagus	27%	586	14.1	400	Italian (Crimini) mushrooms	23%	606	13.1	370
Black walnuts, dried	27%	159	0.6	16	Adzuki beans	23%	216	1.1	30
Red/cayenne pepper	27%	541	1.1	31	Boston brown bread, canned	23%	91	1.8	51
Sprouted kidney beans	27%	610	12.2	345	Walnuts	23%	88	0.5	15
Sprouted mung beans	27%	395	11.8	333	Pumpernickel bread	23%	124	1.4	40
Cauliflower	27%	566	14.1	400	Kohlrabi	22%	510	13.1	370
Yellow mustard	27%	298	5.3	149	Peas	22%	285	4.4	123
Cowpeas (blackeyes)	27%	223	3.9	111	Sprouted lentils, cooked	22%	222	3.5	99
Broccoli	27%	748	10.4	294	Smart Start Soy Protein	21%	541	1.0	27
Fennel bulbs	27%	254	11.4	323	Manhattan clam chowder	21%	201	5.8	164
Green bell peppers	27%	738	17.6	500	Chestnuts, european	21%	101	1.4	41
Sprouted navy beans	26%	360	5.3	149	Pumpkin	21%	857	13.6	385
Chickpeas (garbanzo)	26%	194	1.0	27	Total Raisin Bran	21%	648	1.1	32
Soybeans	26%	264	0.8	24	Turnips	21%	231	12.6	357
Sprouted radish seeds	26%	355	8.2	233	Tomatillos	21%	212	11.0	313
Quinoa	26%	128	0.9	27	Sprouted lentils	21%	231	3.3	94
Sprouted kidney beans, cooked	26%	545	10.7	303	Fava beans	21%	218	1.0	29
Smart Start Cereal	26%	593	1.0	27	Rutabagas	21%	251	9.8	278
Dill seed	26%	250	1.2	33	Gourd	20%	300	25.2	714
7-grain bread	26%	144	1.4	40	Chili peppers	20%	693	8.8	250
Sprouted pinto beans	26%	334	5.7	161	Hummus	20%	113	2.1	60
Blueberries	26%	89	6.2	175	Seaweed, kelp	20%	429	8.2	233
Podded peas	25%	492	8.4	238	Flaxseeds	20%	158	0.7	19
Pumpkin/squash seeds	25%	187	0.7	19	Tomatoes, canned	20%	296	20.7	588
Sprouted soybeans	25%	271	2.9	82	Parsley	19%	2925	9.8	278
Macadamia nuts	25%	96	0.5	14	Multi-Grain Cheerios	19%	952	0.9	26
Crushed tomatoes, canned	25%	310	11.0	313	Chia seeds, dried	19%	109	0.7	20
Sprouted navy beans, cooked	25%	320	4.5	128	Soy protein isolate	19%	331	1.0	30
Rosemary, dried	25%	274	1.1	30	Almonds	19%	154	0.6	17
Sprouted pinto beans, cooked	24%	299	16.0	455	Pumpkin, canned	19%	1139	10.4	294
Ground nutmeg	24%	44	0.7	19	Millet	19%	107	0.9	26
Tofu, fried	24%	155	1.3	37	Miso	19%	54	1.8	50

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Radishes	19%	356	22.0	625	Sprouted peas, cooked	14%	160	3.6	102
Red bell peppers	19%	1071	13.6	385	Pinto beans	14%	206	1.0	29
Sesame seeds	19%	180	0.6	17	Gooseberries	14%	204	8.0	227
Great northern beans	18%	218	1.0	29	Salsify, (vegetable oyster)	14%	127	4.3	122
Soy milk	18%	274	6.8	192	Oyster mushrooms	14%	429	10.1	286
Navy beans	18%	218	1.0	29	Onions	14%	113	8.8	250
Tomato juice	18%	401	20.7	588	European chestnuts, dried	14%	81	1.0	27
Split peas	18%	192	1.0	29	Rye bread	14%	111	1.4	39
Shallots	18%	176	4.9	139	Ground mace	14%	111	0.7	21
Spaghetti squash	18%	137	11.4	323	Black beans	14%	198	1.0	29
Pink beans	17%	206	1.0	29	Kidney beans	13%	217	1.1	30
Pimento, canned	17%	884	15.3	435	Distilled vinegar	13%	24	19.6	556
Shiitake mushrooms	17%	356	1.2	34	Bananas	13%	82	4.0	112
Caraway seeds	17%	254	1.1	30	Sweet potato	13%	436	4.1	116
Pork and beans, canned	17%	120	2.7	78	Cashew nuts, raw	13%	128	0.6	18
Pumpkin pie mix, canned	17%	260	3.4	96	Mung beans	13%	218	1.0	29
White beans	17%	214	1.0	30	Paprika	13%	763	1.2	35
Buckwheat	16%	131	1.0	29	Watermelon seeds, dried	13%	120	0.6	18
Granola bars	16%	73	0.7	21	White rice, enriched	13%	119	2.9	81
Lentils	16%	229	1.0	28	Popcorn, air-popped	13%	91	0.9	26
Mustard seed	16%	222	0.8	21	Ginger root	12%	108	4.4	125
Gingersnaps	16%	58	0.8	24	New England clam chowder	12%	276	5.0	143
Yellow beans	16%	211	1.0	29	Chicken Broth 1% fat	12%	17	88.2	2500
Wild rice	16%	128	1.0	28	Cranberry beans	12%	224	1.1	30
Soybeans, green	16%	239	2.4	68	Northern pike	12%	365	4.0	114
Tomato paste	16%	243	4.3	122	Beef broth,from cube	12%	-584	117.6	3333
Ensure plus	16%	116	2.5	71	Horseradish	11%	148	7.3	208
CHEX snack mix	16%	177	0.8	24	Bread crumbs, seasoned	11%	99	0.9	26
Sunflower seed kernels	15%	220	0.6	18	Pork liver	11%	1241	2.6	75
Carrots	15%	1011	8.6	244	Cream of potato soup	11%	80	5.9	167
Granola bars, plain	15%	58	0.8	23	Spaghetti, enriched	11%	138	1.0	27
Grape juice concentrate, w/C	15%	39	2.0	56	Hard pretzels	11%	75	0.9	26
Sprouted peas	15%	180	2.8	78	Quaker Puffed Rice	11%	70	0.9	26
Taro	15%	122	3.1	89	Applebutter	11%	-14	2.0	58
Chinese waterchestnuts	15%	117	3.6	103	Vinegar, red wine	11%	42	18.6	526
Peanuts	15%	142	0.6	18	English muffins w. calcium	10%	124	1.3	37
Capers, canned	15%	-147	15.3	435	Beechnuts, dried	10%	64	0.6	17
Yams	15%	118	3.0	85	Beef liver	10%	1808	2.6	74

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Sour red cherries	10%	119	7.1	200	Peaches	7%	104	9.0	256
Trail mix, regular	10%	92	0.8	22	Red wine	7%	-16	4.1	118
Guavas	10%	526	5.2	147	Saltines (oyster, soup)	7%	53	0.8	23
Chicken, liver	10%	983	3.0	86	English muffins	7%	59	1.5	43
Wonton wrappers	10%	91	1.2	34	Cheese lasagna	7%	137	2.7	77
Pistachio nuts	9%	126	0.6	18	Meatball and pasta, canned	7%	95	3.4	97
White mushrooms	9%	629	16.0	455	Crabapples	7%	44	4.6	132
Prune juice	9%	40	5.0	141	Vinegar, balsamic	6%	-9	4.0	114
Couscous	9%	65	0.9	27	Chicken vegetable soup	6%	125	5.1	145
Imitation vanilla extract	9%	-32	1.5	42	Cashew nuts, roasted	6%	110	0.6	17
Farm-raised crayfish	9%	383	4.9	139	Pears, asian	6%	60	8.4	238
Bagels, plain	9%	122	1.4	39	Chocolate syrup	6%	8	1.3	36
Ramen Oodles of Noodles	9%	-201	70.5	2000	Bread stuffing dry mix	6%	86	0.9	26
Popovers, dry mix	9%	77	1.0	27	Apple juice,concentrate	6%	44	2.1	60
Potatoes with skin	9%	146	4.6	130	Corn flour, enriched	6%	145	1.0	27
Tomato soup	9%	88	5.9	167	Catsup	6%	27	3.6	103
Chicken noodle soup	9%	126	6.7	189	Watermelon	6%	117	11.8	333
Kumquats	8%	151	5.0	141	Dried plums	5%	44	1.5	42
Graham crackers	8%	38	0.8	24	Chicken noodle soup mix	5%	57	0.9	27
Potatoes, au gratin, mix	8%	48	1.1	32	Croutons	5%	84	0.9	25
Sweet yellow corn	8%	139	4.1	116	Nectarines	5%	98	8.0	227
Brazilnuts, dried	8%	507	0.5	15	Stewed prunes	5%	32	3.3	93
Veal liver	8%	2093	2.5	71	Ramen noodle	5%	53	0.8	23
Sourdough or French Bread	8%	101	1.2	35	Potato chips	5%	70	0.6	18
White bread	8%	91	1.3	38	Cantaloupe	5%	395	10.4	294
Enoki mushrooms	8%	270	8.0	227					
Applesauce	8%	9	8.2	233					
Potatoes, no skin	8%	113	3.8	108					
Figs	8%	44	4.8	135					
Crab	7%	590	4.1	115					
Semolina, enriched	7%	137	1.0	28					
European chestnuts	7%	88	1.8	51					
Italian bread	7%	109	1.3	37					
Garlic powder	7%	141	1.1	30					
Crackers, saltines, fat-free	7%	83	0.9	25					
Fruit cocktail in syrup	7%	37	4.0	114					
Kiwi	7%	287	5.8	164					
Apricots raw	7%	188	7.3	208					