

Manganese

Vitamins and minerals are nutrients that are needed for the body to grow, work, and fix itself.

This essential mineral:

- ♥ Only needed in small amounts.
- ♥ Helps in making and maintaining bones.
- ♥ Helps turn carbohydrates, fats and protein into energy.
- ♥ Plays a role in wound healing.



Eat these foods to get manganese



Oats



Sweet Potato



Berries



Spinach

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

