



Manganese



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

This mineral:

IMPORTANT for making:

- new bone and keeping bones healthy.
- Bones grow with you!



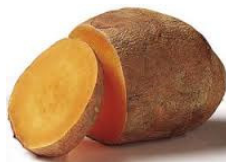
HELPS heal cuts



Eat these foods to get manganese



Oats



Sweet Potato



Berries



Spinach

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools

