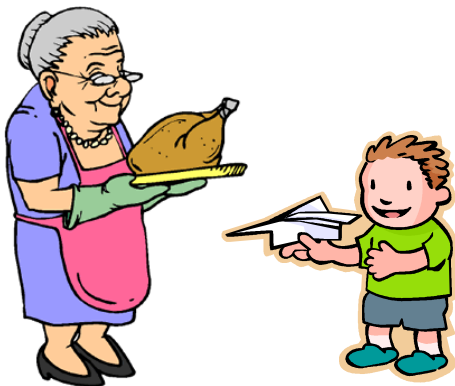


Manganese

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 bone 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