

IRON-RICH BLOOD BOOSTERS

Often, blood donors who are temporarily deferred have hemoglobin levels that fall below our requirements on the day that they attempt to donate. Hemoglobin is the oxygen-carrying pigment and major protein in the red blood cells. Hemoglobin levels necessary to donate blood are established to insure that you remain healthy. You may have greater success the next time you try to donate if you eat iron-rich foods well in advance of your donation. On a regular daily basis men need 10 mg of iron, while women require 18 mg.

There are two types of iron-rich foods: Heme Iron from animals, poultry and fish and Non-Heme Iron from fruits, vegetables and grains. Heme Iron is more readily absorbed than Non-Heme Iron. Additionally, there are other foods that can aid or inhibit the absorption of iron.

For instance, foods that are high in Vitamin C aid in the body's absorption of iron.



Heme Iron-Rich Foods:

Food	Amount	Mg
Oysters	3 oz.	13.2
Liver	4 oz.	9-10
Beef & Lamb	6 oz.	6-8
Fish & Poultry	4 oz.	4-6
Clams	2 oz.	4.2
Sardines	3 oz.	2.5



Non-Heme Iron-Rich Foods:

Food	Amount	Mg
Cooked Beans & Lentils	1 cup	4.7
Dark Leafy Greens (cooked) (Spinach, Swiss Chard, Kale)	1 cup	6
Prune Juice	1/2 cup	5.2
Pumpkin Seeds	1 oz.	4
Sesame Seeds (whole, toasted)	1 oz.	4
Watermelon Seeds (dried)	1 oz.	4
Walnuts	1/2 cup	3.75
Bran Flakes	1/2 cup	2.8
Blackstrap Molasses	2 tbsp.	2.4
Dried Fruits	2 oz.	1.5-2
Watermelon	4" x 8" wedge	2
Dark Leafy Greens (raw)	1 cup	2
Almonds (roasted)	1 oz.	1
Egg	1	1

...About Spinach

Spinach is rich in iron. But spinach also contains an iron-absorption inhibitor, oxalic acid, which is soluble in water. If you cook and drain your spinach before you eat it, more iron can be absorbed by your body!

Foods that Aid Iron Absorption:

- Meat, Poultry, Fish
- Citrus Fruits
- Fruit Juices
- Cantaloupes, Strawberries
- Broccoli, Tomatoes, Peppers,
- Brussel Sprouts
- White Wine

Foods that Inhibit Iron Absorption:

- Coffee
- Tea
- Bran
- Red Wine
- Milk
- Fiber
- Soy Protein
- Spinach

