

FOODS RICH IN IRON

Hemoglobin is the part of your blood that carries oxygen to your tissues. Iron is an essential part of hemoglobin. When you donate blood, it is important to restore the iron in your body. There are two recommended ways to increase your iron:

1. Eat a variety of foods rich in iron.
2. Take iron supplements containing ferrous sulfate

<u>PROTEIN FOODS</u>		<u>BREADS & CEREALS</u>		<u>FRUITS & VEGETABLES</u>	
	Iron (mg)		Iron (mg)		Iron (mg)
Liver, cooked 2 oz.	5	<u>Dry cereals, ¾ cup or 1 oz.:</u> Most, Product 19, Total	18	Prune juice	4.5
Beans, 1 cup cooked:		Buckwheat's. Kix	8	Figs, 5 medium	3
Red, kidney, pinto	5	All Bran, Bran Chex, Life	4.5	Watermelon, 1 small slice	3
Black-eyed peas	4	40% Bran Flakes, Wheat Chex	4.5	Raisins, ½ cup	2.5
Lentils	3	Cheerios, Golden Grahams	4.5	Prunes, 5 medium	2
Tofu, 8 oz.	2.5	Grapenut Flakes, Raisin Bran	4.5	Spinach, ½ cup cooked	2
Chile con carne w/ beans, 1 cup	3	Special K, Wheaties	4.5	Dates, 5 medium	1.5
Meat & poultry, 2 oz. cooked:		100% Bran	2.5	Peas, ½ cup cooked	1.5
Pork	2.5	Rice Chex, Rice Krispies, Corn Flakes	2	Apple juice, ½ cup	1
Beef	2	<u>Cooked cereals, ½ cup:</u> Cream of Wheat, Malt-o-Meal	8	Banana, 1 medium	1
Chicken	1	Wheathearts	8	Broccoli, 1 stalk or ½ cup	1
Eggs, 2	2	Wheatena, Oatmeal	0.5	Green beans, ½ cup cooked	1
Peanut Butter, 4 tablespoons	2	Flour tortillas, 1 average	1	Potato, sweet or white, baked	1
Soup, split pea or bean With pork, 1 cup	2	Corn tortillas, small 6	0.5	Strawberries, ¾ cup	1
Tuna, ¼ cup	1	Bread, whole wheat or enriched 1 slice	0.5	Tomato, 1 medium raw	1
Hot Dog, 2 average cooked	1	Noodles, Spaghetti, Macaroni, enriched ½ cup cooked	0.5	V-8 juice, ½ cup	
		Rice, brown or enriched white, ½ cup cooked	0.5	Apple, 1 medium	0.5
				Apricot, 2 medium	0.5
				Cantaloupe, Honeydew,	0.5
				Orange, 1 medium	0.5
				Pear, 1 medium	0.5
				<u>MILK & MILK PRODUCTS</u>	
				Milk	Contains
				Cheese	very
				Cottage cheese	little
				Yogurt	iron
				Ice cream

INSTRUCTIONS FOR TAKING IRON (FERROUS SULFATE)

If you choose to take an iron supplement or your doctor has recommended one, the following instructions may be helpful.

- Take with food.
- Take with juices rich in vitamin C (orange juice, grapefruit, or tomato juice). Iron is more easily absorbed when taken with vitamin C.
- Since iron can cause constipation, it is advisable that you drink plenty of fluids and eat raw fruits, vegetables, and whole grain products. Check with your doctor if constipation becomes a problem.
- In addition to constipation, you may experience a mildly upset stomach and a darkening of your stool. If you experience severe side effects, please call your doctor. He/she may reduce the dosage of your iron supplement or advise a reduction in the number of times per day you take the pills.

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HEMOGLOBIN

You have been deferred from donating blood today because your hemoglobin screening test indicates that you have a hemoglobin value of less than our cut-off of 12.5 g/dL (or 11.0g/dL if you are a patient donating for yourself).

What is Hemoglobin?

Hemoglobin is the iron-containing protein in your red blood cells that carries oxygen from your lungs to your tissues.

What is the normal range for hemoglobin level?

Female: 11.5 - 14.6 g/dL

Male: 12.3 – 16.3 g/dL

What could cause a low hemoglobin?

A low hemoglobin level may be a sign of the condition known as anemia. Anemia may result from iron or vitamin deficiency, poor nutrition, blood loss (including menstrual bleeding), chronic diseases or inherited disorders of hemoglobin.

What are the symptoms of anemia?

Symptoms of anemia include:

- Weakness
- Fatigue
- Shortness of breath
- Dizziness

- Headache
- Rapid heart rate
- Pale skin
- Ringing in the ears

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Does a low value on my hemoglobin screening test mean that I am anemic?

No, this screening test is used for purposes of donor selection, but cannot be used to diagnose anemia. Anemia can only be diagnosed after a Complete Blood Count (CBC) and evaluation by your physician. It is possible that on follow-up testing, your hemoglobin will be found to be normal.

What should I do?

If you think that you have been having symptoms of anemia, we recommend that you arrange to see your physician, or health clinic and have your hemoglobin level tested again. If you have been feeling well, you may choose to wait until your next routine visit to inform your health care provider of today's findings.

A healthful diet containing recommended levels of iron, vitamin B12 and folate will help maintain your hemoglobin in normal levels.

Does this mean I cannot be a blood donor?

The results of your hemoglobin screening test disqualify you as a donor today, but will not disqualify you for future donations. You may try to donate again after two weeks if you are donating for others or after a week, if you are a patient donating for yourself. If your hemoglobin is above 12.5 g/dL (11.0 g/dL for autologous donors) and there is no other cause for deferral, you will be allowed to donate.