

Community Blood Center

460 First St. North, Winter Haven, FL 33881
Telephone: 863-297-1840 / Fax: 863-291-6704

NUTRITION TIPS FOR BLOOD DONORS

If you have been deferred as a blood donor due to a low hemoglobin / hematocrit level it does not necessarily mean you are anemic. We set a fairly high “cut-off” level, because we want to be sure that your hemoglobin / hematocrit will not drop below normal after donation. Please try to donate again in two weeks.

Tips To Increase Your Iron Intake.

- ❖ Include at least four iron-rich foods per day in your meal plan.
- ❖ Eat foods high in Vitamin C with meals. Vitamin C increases iron absorption. Good sources are: citrus fruits and fruit juice, strawberries, cantaloupe, mango, kiwi, cabbage, tomatoes, green pepper, broccoli and Brussels sprouts.
- ❖ Eat lean meats. The iron in red meat is most readily absorbed. Limit your intake of liver due to its high cholesterol content.
- ❖ Use dried beans, peas or lentils. They are low in cost and provide iron and protein.
- ❖ Select high iron cereals, breads and pasta products. Select those with labels that read whole grain enriched, fortified, or essential vitamins and minerals added.
- ❖ Tea and coffee consumption with meals can decrease iron absorption.
- ❖ Other iron blockers include carbonates, oxalates, and phosphates. Foods that contain these iron blockers include, cranberries, rhubarb, and soda.



IRON-RICH FOODS FOR BLOOD DONORS. (FOOD)	SERVING SIZE	IRON CONTENT (mg)
Cereal, ready to eat, fortified	1 cup	1 to 16
Clams, canned	¼ cup	11.2
Beef liver, fried	3 oz	5.3
Braunschweiger	2 oz	5.3
Molasses, blackstrap	1 tablespoon	5.0
Baked Beans	1 cup	5.0
Oysters, cooked	1 oz	3.8
Baked potato, with skin	1	2.8
Soup, lentil and ham	1 cup	2.6
Burrito, bean	1	2.5
Soup, beef noodle	1 cup	2.4
Rice, white, enriched	1 cup	2.3
PopTart, fortified	1	2.2
Ground beef, lean	3 oz	1.8
Apricots, dried halves	10	1.7
Spinach, frozen	½ cup (fresh 1 cup)	1.5
Bread, whole wheat	1 slice	1.2
Pork / Chicken / Fish	3 oz.	1.0
Egg	1	0.7
Broccoli, fresh cooked	½ cup	0.7

Recommended Dietary Allowance (RDA) for Iron (Daily)

Males (adult)	10 mg
Females (11-50 years)	15 mg
Females (51 plus years)	10mg
Regular blood donors (4 to 6 donations per year) may require slightly higher RDA	