

Don't Give Up!

Even if you were deferred from donating because the level of iron in your blood was too low, please don't let that stop you from trying to give blood. Please keep trying.

Iron levels vary from day to day and may be high enough for you to give blood next time you try – especially if you try to eat more of the iron rich foods (iron is needed to make red blood cells) listed in this pamphlet.

Eating one or more of the foods listed here may help boost your iron.

Why It's Important to Try Again

- A person in America is using blood every 3 seconds. Without your blood there may not be enough blood to meet the daily need.
- Community Blood Bank needs 550 units of blood per week to meet all patients' needs.
- 100% of blood used in local hospitals comes from Community Blood Bank.



Contact Information

Community Blood Bank

1100 East 21st Street

PO Box 1343

Sioux Falls, SD 57101

Phone: (605) 331-3222

Toll Free: 1-877- 877-3070

Fax: (605) 331-3335

www.cbblifeblood.org

Community Blood Bank Donor Room at:

Avera McKennan Hospital

Avera Doctors Plaza II, 3rd Floor

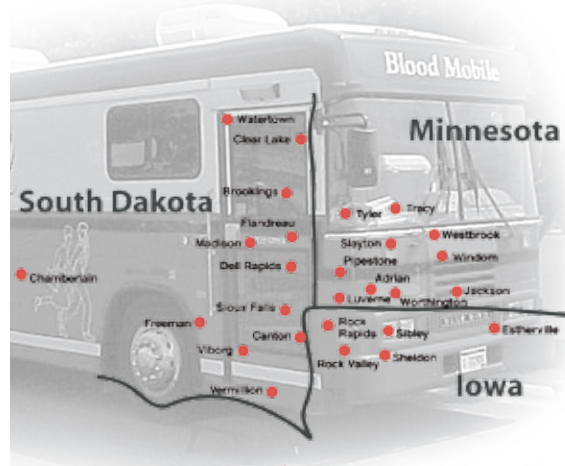
(605) 322-7111

Community Blood Bank Donor Room at:

Sanford USD Medical Center

Inside Emergency Room Entrance

(605) 333-6444



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Iron Rich Food



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Meat, Fish, Eggs

		IRON
Beef		
Chuck, Stew	4 oz.	3.3
Hamburger	4 oz.	3.5
Liver	3 1/2 oz.	6.6
Roast	8 oz.	4.6
Chicken		
Fried	1/2 oz.	1.8
1 Breast (Fried)		1.1
Roasted	3 1/2 oz.	2.1
Livers	2 large	7.4
Fish		
Tuna (in oil)	3 1/2 oz.	1.9
Scallops	3 1/2 oz.	1.6
Shrimp	1/2 lb.	2.5
Clams (hard)	5-10	7.5
Clams (soft)	4-9	3.4
Oysters	5-8	5.5
Veal		
Cutlet	4 oz.	3.3
Stew Meat	3 1/2 oz.	3.5
Lamb		
Leg	4 oz.	1.3
Loin Chop	4 oz.	1.2
Pork		
Loin	4 oz.	2.3
Spareribs	8 oz.	2.9
Ham		
Baked	2 1/2 oz.	2.1
Canned	4 oz.	3.0
Lunch Meat		
Liverwurst	1 slice	1.6
Salami	1 slice	1.0
Turkey Breast	2 oz.	.09
Ham. Chicken	2 oz.	.9
Eggs		
Whole	1 large	1.2

Nuts

		IRON
Shelled		
Almonds, Peanuts	1/4 c.	1.7
Cashews	1/4 c.	1.2
Walnuts	1/4 c.	1.9
Peanut Butter	4 tbsp.	2.0
Vegetables		
Artichoke	1 whole	1.4
Jerusalum	1 medium	3.4
Asparagus	6 stalks	1.3
Beans – dry		
Lima	1/2 c.	2.9
Navy Pea	1/2 c.	2.5
Kidney	1/2 c.	2.2
Beans – fresh		
Lima	1/2 c.	2.1
Sprouted Mung	1 c.	1.4
Brussel Sprouts	6-7	1.1
Chard	1/2 c.	1.3
Chestnuts	10	1.2
Endive	1 c.	1.0
Lentils	1/2 c.	2.1
Lettuce	1 c.	1.1
Mustard Greens	1/2 c.	1.8
Peas		
Black-eyed	1/2 c.	1.7
Green	1/2 c.	1.4
Potato (baked)	1 medium	1.1
Spinach		
Raw	1 c.	1.7
Cooked	1 c.	2.0
Sweet Potato	1 medium	1.1
Tomato		
Fresh	3 in. diameter	.9
Juice	1 c.	2.2

Bread, Cereal, Pasta

		IRON
Bagel	3"	1.2
Bran Flakes		
40%	1 c.	12.3
w/ raisins	1 c.	17.7
Bread Crumbs	1 c.	3.6
Cream of Wheat	1 c.	25.0
Malt-o-Meal	1 c.	25.0
Iron-fortified Cereal	1 c.	4.5
Gingerbread	1 slice	3.6
Egg Noodles	1 c.	1.4
Macaroni	1 c.	1.4
Oatmeal	1 c.	1.7
Rolls		
Hotdog	1 bun	1.2
Hamburger	1 bun	1.2
Hard	1 medium	1.3
Pizza		
Cheese or Pepperoni	1/2 or 10" pie	4.5-5.5
Fruit		IRON
Apple Juice	1 c.	1.5
Orange Juice	1 c.	1.0
Apricots		
Dried	1/2 c.	3.6
Dried (cooked)	1/2 c.	2.3
Avocado	1/2 c.	1.3
Banana	1 c.	1.6
Cantaloupe	1/2 medium	1.6
Cherries	1 c.	1.7
Dates		
Pitted	10	2.4
Cut up	1/2 c.	2.6
Prunes		
Canned	1/2 c.	1.1
Dried	10	10.5
Juice	1 c.	2.9
Raisins	1/2 c.	2.9
Strawberries	1/2 c.	1.0
Watermelon	8"x4" wedge	2.1