

Keep Trying!

You may be deferred from donating blood today because your iron count was low. Don't let a deferral prevent you from trying again. It is common, especially in female donors, to sometimes have lower levels of iron. Iron levels do vary from month to month, so try, try again. There are many iron rich foods that may help increase your iron level. You may also consider taking a multi-vitamin with iron.

Reasons to Keep Trying

- Every three seconds someone in America requires a blood transfusion. Your persistence will pay off and you could impact three lives in our community.
- Community Blood Bank needs to collect 500 units of blood per week in order to meet the needs of hospital patients within the area.
- 100% of the blood used in your local hospital comes from Community Blood Bank, donated locally and stays locally.



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
Plaza II, 4th Floor
(605) 322-7111

Community Blood Bank Donor Room at:
Sanford USD Medical Center
Main Hospital Lobby
(parking in the Emergency Room Parking Lot
or valet is available at the main entrance of the hospital)
(605) 333-6444



Iron Rich Food



COMMUNITY BLOOD BANK

THE LIFE BLOOD OF YOUR COMMUNITY

Meat, Fish, Eggs

Beef		IRON
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

Shelled		IRON
Almonds, Peanuts	1/4 c.	1.7
Cashews	1/4 c.	1.2
Chestnuts	10	1.2
Walnuts	1/4 c.	1.9
Peanut Butter	4 tbsp.	2.0

Vegetables

Artichoke	1 whole	1.4
Jerusalem	1 medium	3.4
Asparagus	6 stalks	1.3
Brussel Sprouts	6-7	1.1
Potato (baked)	1 medium	1.1
Sweet Potato	1 medium	1.1

Peas		
Black-eyed	1/2 c.	1.7
Green	1/2 c.	1.4

Beans – dry		
Lima	1/2 c.	2.9
Navy	1/2 c.	2.5
Kidney	1/2 c.	2.2
Lentils	1/2 c.	2.1

Beans – fresh		
Lima	1/2 c.	2.1
Sprouted Mung	1 c.	1.4

Spinach		
Raw	1 c.	1.7
Cooked	1 c.	2.0

Tomato		
Fresh	3 in. diameter	.9
Juice	1 c.	2.2

Bread, Cereal, Pasta

		IRON
Bagel	3"	1.2
Bran Flakes - 40% w/ raisins	1 c.	12.3
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 of 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
Dates - 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