

BLOOD DONOR

IRON RICH FOODS

Absorption of iron occurs within three hours of eating. Our bodies need help maintaining a sufficient iron reserve, so it is very important to add iron-rich foods to your diet to keep your iron level adequate especially as you prepare for your blood donation.

The following are examples of iron-rich food:

Meat and Meat Substitutes:

Lean red meats (beef, lamb, pork, veal), Poultry, Eggs, Seafood, Nuts, Beans & Others

Fruits and Vegetables:

Dark green and leafy vegetables, green beans, lima beans, peas, beets, cauliflower, white potato, alfalfa and bean sprouts, artichokes, dried fruit (including dates, prunes and raisins)

Breads and Cereals

Enriched, fortified and whole grain breads, Cereal, Grains (oats, wheat, bran) Wild rice, & Macaroni

Consider reducing consumption of the following items which may decrease your iron absorption in preparation for your blood donation:

- Caffeinated Drinks
- High-fiber foods
- Dairy products
- Some antacid medications

You can increase your iron absorption by consuming food and drinks high in Vitamin C (fruit and fruit juice) along with your iron-rich food for a successful blood donation. Best rule? Eat regular, nutritionally balanced meals, and drink plenty of fluids.



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Blood Donor Services

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BLOOD DONOR

HELPFUL INFORMATION



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Blood Donor Services

- Bring a Photo ID (must include date of birth) to your appointment.
- Allow at least an hour for your blood donation.
- At least one week before donating, eat nutritious meals that include iron-rich foods and increase your non-caffeinated fluid intake.
- Platelet donors should not take aspirin or aspirin-based products within 48 hours prior to donation.
- The day before donation, drink plenty of non-caffeinated fluids and get a good night's sleep.
- The day of donation, drink plenty of water or juice and do not skip any meals.

Did you know you can make a bigger impact with your donation by choosing a donation type that matches up with your blood type? If you have questions regarding why one donation type is more beneficial for your blood type, please call 1-866-BLOODSAVES (1-866-256-6372).

| If Your Blood Type is: | Please Donate |
|------------------------|---------------------------------|
| AB+, AB-, A+, or B+ | Platelets, Plasma |
| O+, O-, A-, or B- | Double Red Cells or Whole Blood |

**Give Local,
Save Local**

Not sure if you're eligible to donate? Have questions about donating?

Call 1-866-BLOODSAVES (1-866-256-6372).

**If you want to make an appointment, please call the number above or visit
InovaBloodSaves.org.**