



IRON RICH FOODS

JENNY ELLER DONOR CENTER

4343 W. Herndon Ave,
Fresno, CA 93722

FRESNO DONOR CENTER

1196 E. Shaw Ave,
Fresno, CA 93710

NORTH FRESNO DONOR CENTER

1010 E. Perrin Ave,
Fresno, CA 93720

CLOVIS DONOR CENTER

645 W. Herndon Ave,
Clovis, CA 93612

VISALIA DONOR CENTER

2245 W. Caldwell Ave,
Visalia, CA 93277

Minimum daily requirements:

Men (age 19 to 50+)10 mg. Per day
Women (age 15 to 50)15 mg. Per day

MEATS

Chuck stew 4 oz3.1 mg
Hamburger 4 oz3.5 mg
Liver 3 1/2 oz6.6 mg
Roast 8 oz.....4.6 mg

CHICKEN

Fried 1/2 bird.....1.8 mg
Breast (fried)1.1 mg
Roasted 3 1/2 oz2.1 mg
Livers 2 large7.4 mg

TURKEY

Roasted 3 slices5.1 mg

FISH

Tuna in oil 3 1/2 oz1.9 mg
Tuna in water 3 1/2 oz1.6 mg
Scallops 3 1/2 oz1.6 mg
Shrimp 1/2 lb.....2.5 mg
Clams (hard) 5 to 10.....7.5 mg
Clams (soft) 4 to 93.4 mg
Oysters 5 to 85.5 mg

VEAL

Cutlet 4 oz.....3.3 mg
Stew meat 3 1/2 oz3.5 mg

LAMB

Leg 4 oz2.3 mg
Loin Chop 4 oz2.3 mg

PORK

Loin 4 oz2.3 mg
Spareribs 8 oz.....2.9 mg
Ham: (baked) 2 1/2 oz2.1 mg
Canned 4 oz3.0 mg

LUNCHEON MEATS

Liverwurst 1 slice1.6 mg
Salami 1 slice.....1.0 mg

EGGS

1 Large whole1.2 mg

BEANS

Dry: Lima 1/2 cup2.9 mg
Navy 1/2 cup.....2.5 mg
Kidney 1/2 cup2.2 mg
Fresh: Lima 1/2 cup2.1 mg
Sprouted mung 1 cup1.4 mg

CEREALS (HOT, COLD)Up to 15 mg

Many breakfast cereals are iron fortified,
check nutrition labels.

VEGETABLES

Artichoke 1 whole1.4 mg
Jerusalem 1 medium3.4 mg
Asparagus 6 stalks1.3 mg
Brussel sprouts 6 to 7.....1.1 mg
Chard 1/2 cup (cooked)1.3 mg
Chestnuts 10.....1.2 mg
Dandelion greens (cooked) 1/2 cup.....1.8 mg
Endive 1 cup1.0 mg
Lettuce (Boston) 1 cup1.1 mg
Mustard greens (cooked).....1.8 mg
Blackeye peas (cooked) 1/2 cup1.7 mg
Green peas (cooked) 1/2 cup1.4 mg
Potato (baked) 1 medium1.1 mg
Spinach (raw) 1 cup1.7 mg
(cooked) 1/2 cup2.0 mg
Sweet Potato (baked)1.0 mg
Tomato: Fresh, med.....0.9 mg
juice 1 cup2.2 mg

FRUITS

Apple Juice 1 cup1.5 mg
Apricots: (dried uncooked) 1/2 cup.....3.6 mg
(dried cooked) 1/2 cup 2.3 mg
Avocado 1/21.3 mg
Banana (mashed) 1 cup1.6 mg
Cantaloupe 1/2 med1.6 mg
Dates: (pitted) 102.4 mg
cut up 1/2 cup.....2.6 mg
Orange juice (canned) 1 cup1.0 mg
Prunes: (canned) 1/2 cup1.1 mg
(dried uncooked) 103.3 mg
juice 1 cup2.5 mg
Raisins 1/2 cup2.9 mg
Strawberries 1/2 cup (frozen)1.0 mg
Watermelon 8" X 4" wedge2.1 mg

BREADS & GRAINS

Bagel 3"1.2 mg
Bran flakes 40% 1 cup.....12.3 mg
with raisins 1 cup.....17.7 mg
Breadcrumbs dry 1 cup3.6 mg
Gingerbread 1 slice.....1.0 mg
Macaroni 1 cup1.4 mg
Egg noodles 1 cup.....1.4 mg
Oatmeal 1 cup1.7 mg
Rolls: Hard 1 med1.3 mg
Hot dogs and hamburgers1.2 mg
Cream of Wheat 1 cup.....12.8 mg

NUTS

Shelled: Almonds 1/4 cup1.7 mg
Cashews 1/4 cup.....1.2 mg
Walnuts 1/4 cup.....1.9 mg

IRON NUTRITION FOR BLOOD DONORS

Central California Blood Center advises whole blood and red cell apheresis donors to be mindful of the role of iron nutrition in maintaining your body's normal function and general health. We use a finger stick test to assess your hemoglobin level during pre-donation screening and we adhere to FDA Guidance by deferring any females with hemoglobin below 12.5 mg/dl and any males with hemoglobin below 13.0 mg/dl. Adequate nutritional iron stores in the body are necessary to help maintain healthy hemoglobin levels, and these may become challenged particularly in frequent blood donors, when the amount of iron going out through donation is not matched by new dietary iron intake. This can result in iron-deficiency anemia. We want you to avoid becoming iron deficient and want you to remain healthy and continue donating to save lives.

Great sources of dietary iron, readily absorbed by the body include red meat, fish and poultry. In addition, many vegetables, fruits, nuts, beans and grain are good sources and vitamin C enhances iron absorption from plant sources. Caffeinated beverages taken with meals can act as iron blockers, as might high consumption of fiber foods. Iron content of specific foods are shown on the back of this form. The Recommended Dietary Allowance (RDA) for pre-menopausal women is 15 mg per day and for men and post-menopausal women it's 10 mg. per day. The amount of iron your body absorbs each day from foods is sufficient in most cases to maintain adequate iron balance, but diet alone is not adequate to prevent development of iron deficiency in frequent donors. While we need and welcome frequent blood donation, we must caution of the risk of iron deficiency and advise additional iron supplementation for these individuals. Prescription or over-the-counter iron pills, or a multivitamin with iron can be effective for oral iron supplementation. An example of one successful approach would be to take one typical multivitamin with iron caplet, about 19 mg. iron (Fe), daily for 8-12 weeks.

Before making any planned changes to your diet, or beginning iron supplementation, please discuss these plans with your own doctor. Your physician or pharmacist may be able to help you determine dose, type and duration of iron supplementation.

Thank you for supporting the patients in our community by being an active blood donor.

Cheers to your health and wellness!

Tiffany Chambers

Medical Director
Central California Blood Center