

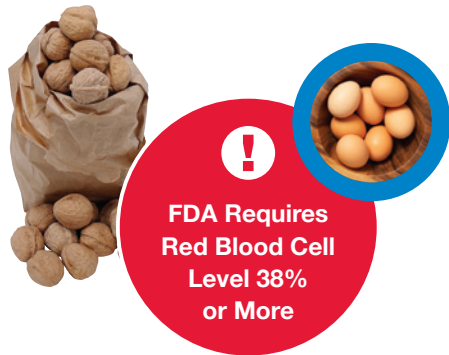
Don't Give Up!

Even if you were deferred from donating because the level of red cells in your blood was too low, please don't let that stop you from trying to give blood again soon!

Red blood cell levels vary from day to day and may be high enough for you to give blood the 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.

The minimum daily requirement for iron intake is 10 mg per day for men ages 19-50, and 18 mg per day for women ages 15-50.

Eating one or more of the foods listed here can help boost your iron. With your doctor's approval, you also may choose to take a vitamin and mineral supplement.



Why It's Important To Try Again

4.5 million Americans could die each year without blood transfusions – maybe even someone you know and love!

Blood is needed constantly – one out of every 7 hospital patients needs blood.

Michigan Blood provides blood for hospitals in four major regions of the state.



Michigan Blood

MI blood saves lives.™

1036 Fuller NE
Grand Rapids
616-774-2300

2710 Cleveland Ave.
St. Joseph
269-408-1540

524 East Milham Ave.
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(269)-382-3879

2575 Aero Park Dr.
Traverse City
231-935-3030

1771 Tittabawassee Rd.
Saginaw
989-755-5387

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Iron-Rich Foods



Michigan Blood

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Meat, Fish, Eggs

Beef

		IRON MG
Chuck, stew	4 oz	3.1
Hamburger	4 oz	3.5
Liver	3-1/2 oz	6.6
Roast	8 oz	4.6

Chicken

Fried	1/2 bird	1.8
1 Breast (fried)		1.1
Roasted	3-1/2 oz	2.1
Livers	2 large	7.4

Turkey

Roasted	3 slices	5.1
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Fish

Tuna (in oil)	3-1/2 oz	1.9
Tuna (in water)	3-1/2 oz	1.6
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
Ham, Chicken, Turkey Breast	2 slices	0.9

Eggs

Whole	1 large	1.2
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Nuts

Shelled

		IRON MG
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

Increase intake of vitamin C to help promote the absorption of the iron.

Eat foods high in iron 3-5 days before attempting to donate.

Vegetables

		IRON MG
Artichoke	1 whole	1.4
Jerusalem	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 (cooked)	2.1
Sprouted Mung	1 c	1.4

Brussel Sprouts	6-7	1.1
Chard	1/2 c	1.3
Chestnuts	10	1.2
Dandelion greens	1/2 c (cooked)	1.8
Endive	1 c	1.0
Lentils	1/2 c (dry/cooked)	2.1
Lettuce (Boston)	1 c	1.1
Mustard greens	1/2 c (cooked)	1.8

Peas

Black-eyed	1/2 c (cooked)	1.7
Green	1/2 c (cooked)	1.4
Potato (baked)	1 medium	1.1

Spinach

Raw	1 c	1.7
Cooked	1 c	2.0
Sweet potato (baked)	1 medium	1.0

Tomato

Fresh	3 in diameter	0.9
Juice	1 c	2.2

Bread, Cereal, Pasta

Bagel	3"	1.2
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Bran Flakes

40%	1 c	12.3
w/raisins	1 c	17.7
Bread crumbs (dry)	1 c	3.6
Cream of Wheat & Malt-o-meal	1 serving	25.0
Iron-Fortified Cereals (most)	1 serving	4.5
Gingerbread	1 slice	3.6
Egg noodles	1 c (cooked)	1.4
Macaroni	1 c (cooked)	1.4
Oatmeal	1 c (cooked)	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
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Fruit

Apple Juice	1 c	1.5
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Apricots

Dried (uncooked)	1/2 c	3.6
Dried (cooked)	1/2 c	2.3
Avocado	1/2	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
Orange juice (canned)	1 c	1.0

Prunes

Canned	1/2 c	1.1
Dried (uncooked)	10	10.5
Juice	1 c	2.9
Raisins	1/2 c	2.9
Strawberries	1/2 c	1.0
Watermelon	8" x 4" wedge	2.1