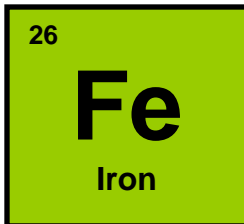


LOW IRON?

Temporary Low Iron Deferment

THANK YOU for offering to give blood or platelets today. It is for your safety that you have been temporarily deferred and we are sorry that you could not donate this time. Low iron is usually a temporary condition. To help you raise your iron levels we have provided some iron and nutrition information below.



Why is Iron Important?

Iron is a mineral that is necessary for the production of hemoglobin (the primary component of red blood cells). In your blood, these cells carry oxygen from your lungs to all other parts of your body. Iron is also important to maintaining your body's proper immune function. When your body does not have enough iron it is called iron deficiency.

What Causes Low Iron?

Low iron is usually a temporary condition. Low iron levels are most commonly caused by not consuming enough iron and can be reversed by improving your diet. Poor iron absorption can also be a contributing factor to low iron levels. Poor iron absorption occurs when your diet is lacking in fruits and vegetables, which help in the absorption of iron. This combined with a low iron intake can cause you to have a low iron level.



What Not to Eat Before Donating...

Some beverages contain substances that prevent the absorption of iron. If you have an iron deficiency you should avoid tea, coffee, red wine and cola with your meals. Wait at least an hour after eating to drink these beverages. Water and milk do not affect iron absorption. Juices rich in vitamin C will actually improve the absorption of iron in the food.



How Should I Change my Eating Habits Before Donating?

Iron levels in the blood can fluctuate daily, so we encourage you to follow the tips below to boost your iron stores. First, ensure that you are consuming an adequate amount of iron. Several times each day, consume foods that are good sources of iron along with foods that are good sources Vitamin C. Vitamin C greatly improves your body's ability to absorb iron. If you have trouble getting enough iron from food sources, check with your doctor about starting an iron supplement.

***Iron Guidelines:** The recommended daily iron intake per day for the average woman is 18 mg., while the average man needs 10 mg. Food has two forms of iron: heme and nonheme. You absorb up to 30 percent of heme iron, which is found only in animal tissue (meat, poultry, and fish). You absorb 2-10 percent of non-heme iron, found in plant foods as well as meat.

Iron Rich Foods:

Meat (heme iron)

Liver
Liverwurst
Organ Meats
Quail
Duck
Other Poultry
Red Meats
Lamb
Pork

Seafood

Clams
Caviar
Cuttlefish
Octopus
Oysters
Mackerel
Sardines
Shrimp
Scallops
Tuna

Beans and Peas

Nattō
Soybeans
Lentils
Lima Beans
White Beans
Kidney Beans
Chickpeas
Pinto Beans

Nuts and Seeds

Sesame Seeds
Pumpkin Seeds
Squash Seeds
Cashew Nuts
Flaxseed
Pine Nuts
Pistachio Nuts
Almonds
Sunflower Seeds

Fruit

Dried Apricots
Dried Peaches
Watermelon
Prunes
Raisins
Dates
Figs
Olives
Dried Currants
Blueberries
Prune Juice

Vegetables

Morel Mushrooms
Sun-Dried Tomatoes
Spinach
Collard Greens
Kale
Chard
Olives

Currants
Hearts of Palm
Sweet Potatoes
Hummus
Endive
Broccoli
Potato Skins

Grains

Amaranth
Whole Wheat Products
Quinoa
Bran & Wheat Germ
Sorghum
Teff
Oats
Barley
Rye
Fortified Cereals
Cream of Wheat
Enriched Breads
Enriched Pastas
Corn Meal

Other

Tofu
Molasses
Maple Syrup
Corn Syrup
Curry Powder
Brewer's Yeast
Eggs & Egg White

Unlock the Iron: Grains, Beans, Nuts and Seeds

Certain foods that are high in iron also contain a potent inhibitor called Phytic Acid that keeps your body from absorbing the iron. In fact, this potent inhibitor can actually affect your absorption of iron in other foods you may be eating. However, Phytic Acid is easily reduced with a simple kitchen technique

- Try soaking your grains, beans, nuts and seeds overnight or at least for a few hours. Soaking reduces the Phytic Acid and essentially "Unlocks" the iron in these foods. After soaking, rinse and enjoy. This will also cut down on cooking time.

Raised your Iron?

To Schedule Your Next Appointment Please Call (404) 459-8744