



# Blood Donation Tips

## Getting Ready to Donate

### To be able to donate, you must:

- Be at least 17 years of age or 16 with a signed permission slip.
- Weigh at least 120 pounds and have a picture ID. 
- Be feeling healthy and well.
- Not had a tattoo in 3 months. 
- Hydrate your body with water!
  - A hydrated body makes for a successful donation.
  - When you think you have had enough, **DRINK MORE!**



- Eat the morning of the blood drive.
- Prepare by eating iron-rich foods. Iron is an essential part of hemoglobin, Which needs to be at a certain level to donate. Increasing your intake of Vitamin C will help your body absorb iron. On the back, see a helpful list of foods you can eat.

Make an  
**IMPACT**  
in your  
community  
today!

As a blood donor, you're an essential part of saving lives. The more you do to take care of yourself and prepare for donation, the more local patients you'll be able to help.

Have Questions?

Call 716.529.4270 if you have more questions about blood donation tips.

 ConnectLife

# Foods High In Iron

Eating the food below will help boost your iron & prepare your body for donating.

## Fruits



Watermelon  
Prunes  
Dried Apricots  
Dried Peaches  
Strawberries  
Prune Juice  
Raisins  
Dates  
Figs

## Grains



White Bread (enriched)  
Whole Wheat Bread  
Enriched Macaroni  
Wheat Products  
Bran Cereals (Total)  
Corn Meal  
Oat Meal  
Rye Bread  
Enriched Rice

## Meat



Liver  
Liverwurst  
Beef  
Lamb  
Ham  
Turkey  
Chicken  
Veal  
Pork

## Seafood



Shrimp  
Dried Cod  
Mackerel  
Sardines  
Oysters  
Haddock  
Clams  
Scallops  
Tuna

## Vegetables



Spinach  
Beet Greens  
Dandelion Greens  
Sweet Potatoes  
Peas  
Broccoli  
String Beans  
Collards  
Kale  
Chard

## Vitamin C



Grapefruit  
Oranges  
Greens  
Cantaloupe  
Strawberries  
Tomatoes  
Watermelon  
Cabbage  
Fortified Juices

## Other Foods



Eggs ( Any Style)  
Dried Peas  
Dried Beans  
Instant Breakfast  
Corn Syrup  
Maple Syrup  
Lentils  
Almonds  
Sunflower Seeds

## How much iron do I need?

The recommended daily allowance varies slightly by age and gender, but most adults need 18mg of iron daily from food or supplements. Below are a few examples of how much iron foods and supplements can provide.



**Breakfast cereals**  
(iron fortified with 100% DV for iron)  
= 100% of daily value



**Spinach (boiled and drained)**  
= 17% daily value



**Dark Chocolate (3oz)**  
= 39% of daily value



**Lean beef**  
= 11% daily value

## Have Questions?

Call 716.529.4270 if you have more questions about foods in high iron.