

Iron Rich Foods for Blood Donors

The average woman needs 18 mg. iron a day. The average man needs 10 mg; infants and children need 10-15 mg. Use the worksheet below to figure out how much iron you eat every day. If you are not getting enough iron, you may want to change your eating habits. If you are unable to include more iron-rich food in your diet, check with your physician about a possible iron supplement.

	FOOD	AMOUNT	AVG. MG. IRON
GRAINS	Bread - White or Whole Wheat	1 slice	0.5
	Muffin - Bran	1	1.5
	English	1	1.5-1.9
	Tortillas	1	1
	Cereal - Cooked	1/2 cup	0.7
	Dry	3/4 cup	read label
	Wheat Germ	1/2 cup	4
MEAT	Organ Meats		
	Liver	3 oz.	7
	Liver Sausage	3 oz.	8-9
	Shellfish	3 oz.	4-6
	Red Meats	3 oz.	4-5
	Fish & Poultry	3 oz.	4

Iron Rich Food Breakdown

the *donor* difference
a difference in life program

Iron Rich Food Breakdown

	FOOD	AMOUNT	AVG. MG. IRON
MEAT SUBSTITUTES	Tofu	4 oz.	2-3
	Seeds - Sunflower	1 oz.	2.3
	Pumpkin	1 oz.	2
	Cooked dry peas	1/2 cup	2-3
	Lentils	1/2 cup	2-3
	Lima Beans	1/2 cup	2-3
	Beans	1/2 cup	2-3
	Egg	1	1
	Nuts	1/3 cup	0.5-2.0
	Peanut Butter	1 tbsp.	0.3
FRUIT	Water Melon	6" x 1/2" slice	3
	Strawberries	1 cup	1.5
	Banana	1 cup	1
DRIED FRUIT	Raisins, Dates, Prunes, Figs, Apricots	1/2 cup	3-4
JUICES (Canned)	Prune Juice	3/4 cup	7.4
	Tomato Juice	3/4 cup	1.6
	Apple Juice	3/4 cup	1.1
VEGETABLES	Dark Leafy Greens (spinach, collards, kale)		
	Cooked	1/2 cup	3
	Raw	1 cup	2
	Jicama	1/3 cup	0.8
MISCELLANEOUS	Molasses	1 tbsp.	3.2
	Brewer's Yeast, dry	1 tbsp.	1.4
FAST FOODS	Pizza (cheese or pepperoni)	1/2 of 10" pizza	4.5-5.4
	Hamburger	1	2.5
	Cheeseburger	1	2.5
	Burrito - Beef	1	4.6
	Bean	1	2.8
	Taco (beef)	1	2.9