

Someone's *life* depends on *YOU*.

Don't let low iron keep you from donating!

Did you know that more than 8 percent of the generous people who come to Virginia Blood Services each year wanting to give blood are turned down because their iron is too low? And 95 percent of them are women.

To help increase your level of iron, eat these iron-rich foods in the week before you donate blood.

Seafood	Fish, cod, sardines, tuna, clams, oysters, shrimp
Poultry	Chicken, eggs, egg yolk
Lean red meats	Beef, lamb, veal, pork, liver
Nuts	Hazelnuts, almonds, peanuts
Vegetables	Broccoli, chard, spinach, greens, asparagus, turnips, parsley, kale, watercress, Brussels sprouts
Beans and legumes	Dried beans, lentils, lima beans, peas, chick peas, garbanzo beans
Fruits and sweets	Dates, prunes, figs, apricots, apples, raisins, chocolate, coconut, black strap molasses
Fruits and vegetables (if eaten at the same time as iron source)	Citrus fruits, tomatoes, oranges, cabbage, lemons, green peppers, limes, grapefruits, tangerines, cantaloupes, tangelos
Breads and cereals	Enriched, fortified and whole-grain breads and cereals are often high in iron (check label), farina, cream of wheat, shredded wheat

