

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.

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

Dietary Supplements

Iron is available in many dietary supplements such as multivitamin/multi-mineral supplements that contain 18mg iron, which provide 100% of DV recommended.