

Iron Rich Foods

Pre-Donation Nutrition



Fuel Up to Give Life: A Tasty Guide to Pre-Donation Nutrition!

Proper hydration and a diet rich in iron are beneficial to consume before donating blood. Being hydrated ensures smoother blood flow and helps prevent post-donation reactions. Consuming iron-rich foods boosts your hemoglobin levels, making you a better candidate for donation and aiding in the quick replenishment of blood. Together, these nutritional practices prepare your body to give blood effectively and safely.



Eat a healthy, low-fat meal within two hours of your donation. The day before, eat a salty snack. When you donate blood, you lose about a gram of salt. Replacing it ahead of time helps keep your blood pressure normal.



Hydrate by drinking 8 to 16 ounces of non-alcoholic beverages one hour before you donate. Water or sports drinks are great choices.

The following are examples of iron-rich, low-fat foods that are good to incorporate into your diet prior to donation.

Fruits

All berries
Grapes & Raisins
Grapefruit
Oranges
Plums
Watermelon



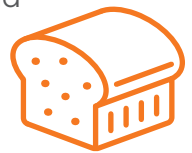
Meats

Beef
Pork
Chicken
Heart
Kidneys



Whole Grains

Whole Grain Bread
Enriched Pasta
Tortillas
Soybean Flour
Brown Rice
Oatmeal
Bran



Vegetables

Beets
Broccoli
Spinach
Brussels Sprouts
Green Beans
Lima Beans
Tofu
Tomatoes



Seafood

Clams
Crab
Fish Fillets
Oysters
Sardines
Shrimp



Legumes

Dry Peas
Peanuts
Dry Beans
Lentils
Black Beans
Peanut Butter
Hummus



Schedule your blood donation appointment today at vitalant.org.

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