

# Prepare for your donation... eat a few of these delicious iron-rich foods!



**American  
Red Cross**

The need is constant.  
The gratification is instant.  
Give blood.™

1-800-GIVE-LIFE | [my-redcross.org](http://my-redcross.org)

*Prior to your blood donation, eat regular meals, including some of these iron rich foods. Remember to get plenty of sleep and drink a few extra glasses of water!*

Prune Juice

Liver

Black Beans

Mung Beans

Garbanzo Beans

Pinto Beans

Baked Beans

Navy Beans

Lima Beans

Soybeans

Rice Bran

Turkey

Rice Polishings

Lentils

Clams

Spinach

Dry Peaches

Millet

Shrimp

Turnip Greens

Oysters, raw

Split Peas

Hamburger

Molasses

Peas

Beet Greens

Black-eyed Peas

Chocolate

Raisins

Chard

Dates

Dandelion Greens

Tofu

Tomato Juice

Shredded Wheat

Pumpkin Seeds

Snap Beans

Wheat Bran

Wheat Germ

Soybean Milk

Kale

Prunes

Dry Figs

Mustard Greens

Brussels Sprouts

Broccoli

Bran Raisin Bread

Strawberries

Potato

Oatmeal

Egg

Mushrooms

