



Iron-Rich Foods

To Help Meet Donation Requirements

Don't Forget Vitamin C

The presence of vitamin C (ascorbic acid) in a meal also increases the iron absorption. Sources of vitamin C include:

- Citrus (oranges)
- Dark green vegetables
- Tomatoes

Iron Supplements

In addition to eating iron-rich foods, donors can take Vitron-C.

Blood Donor Center

Hours of Operation:

- Monday, Tuesday, Thursday and Friday
7 am—4 pm
- Wednesday
7 am—2:30 pm

202-476-KIDS (5437)

Sources: USDA Agriculture Handbook # 8 (revised) and #456

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Excellent iron content

Liver (all types)	3 oz
Oysters	3 oz
Clams	3 oz
Cream of Wheat (cooked)	½ cup
Molasses (black strap)	1 Tbsp

High iron content

Beef	3 oz
Chicken	3 oz
Lamb	3 oz
Sardines	3 oz
Tuna	3 oz
Lima beans (cooked)	½ cup
Baked Beans	½ cup
Lentils (cooked)	½ cup
Soybeans (cooked)	½ cup
Seeds (sunflower, pumpkin or squash)	2 Tbsp
Greens (mustard and spinach)	½ cup
Peas	½ cup
Tomato juice	½ cup
Apricots (dried)	5 halves
Peaches (dried)	2 halves
Prune juice	½ cup

Medium iron content

Apple juice	½ cup
Dates (dried)	5 med
Raisins	2 Tbsp
Bean sprouts (raw)	½ cup
Broccoli	½ cup
Greens (collard, kale and turnip)	½ cup
Mushrooms (raw)	½ cup
Potato (sweet or white)	½ cup
Squash (winter)	½ cup
Tomatoes	½ cup
Egg	1 med
Peanuts	¼ cup
Peanut butter	2 Tbsp
Bread (whole grain or enriched)	1 slice
Cereal (whole grain)	½ cup
Molasses (light)	1 Tbsp