

# Iron-Rich Foods

To help meet donation requirements

Edward J. Miller, Sr. Blood Donor Center

## 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.

## 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 medium  
Peanuts ¼ cup  
Peanut butter 2 Tbsp  
Bread (whole grain or enriched) 1 slice  
Cereal (whole grain) ½ cup  
Molasses (light) 1 Tbsp



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