



## A WORD ABOUT **IRON**

Prepare to donate blood by eating iron rich foods. In order to donate, blood donors must meet the minimum Hematocrit/Hemoglobin levels listed below:

- Males - 39 Hematocrit/13.0 Hemoglobin
- Females - 38 Hematocrit/12.5 Hemoglobin

### **VEGETABLES**

Bean Sprouts	Beets	Broccoli	Brussels Sprouts
Tomato Juice	Greens	Kale	Sweet Potatoes

### **WHOLE GRAINS AND BEANS**

Enriched Pasta	Whole Grain Bread	Whole Grain Cereal
Dry Beans	Dry Peas	Lentils
Nut Butters	Soy Flour	Tortillas

### **FRUIT**

Apricots	Berries	Dried Fruit
Grapes	Grapefruit	Oranges
Plums	Prunes	Raisins

### **MEAT AND SEAFOOD**

Lean Beef	Clams	Crab
Fish	Hearts/Kidneys	Lamb
Oysters	Poultry	Sardines



SHEPARD  
COMMUNITY  
BLOOD CENTER

For more information about iron,

Please contact the

Director of Donor Services



## **Blood Donation Tips**

Thank you for choosing to donate with Sheppard Community Blood Center. As the local provider of blood products to area hospitals, we want to provide you with tips to make your donation experience pleasant and successful.

- Get a good night's rest.
- Eat a healthy meal before donating.
- Drink plenty of non-caffeinated fluids before your donation.
- Bring a picture ID or your donor card when you donate.
- Wear clothing with sleeves that can be raised above the elbow.
- RELAX!
- Enjoy refreshments immediately after donating.
- Drink plenty of fluids after your donation.
- Avoid strenuous physical activity for a few hours after your donation.

To find a place to donate:

706.737.4551

[sheperdblood.org](http://sheperdblood.org)