

Coastal Bend Blood Center

Are you eating enough iron-rich foods?

Consuming the proper amount of iron-rich foods can prevent you from being deferred as a blood donor due to a low hemoglobin level. The average woman needs 18 mg of iron a day, and the average man needs 10 mg. The worksheet below can help you figure out how much iron you eat each day. If you are not getting enough iron, you may want to make slight changes to your eating habits to increase your iron intake. If you are unable to include more iron-rich food in your diet, check with your physician about a possible iron supplement.

	FOOD	AMOUNT	AVERAGE MG OF IRON
GRAINS	Bread (White or Whole Wheat)	1 Slice	0.5
	Muffin		
	Bran	1	1.5
	English	1	1.5 - 1.9
	Tortillas	1	1
	Cereal		
	Cooked	½ cup	0.7
	Dry	¾ cup	Read Label
	Wheat Germ	½ cup	4
	MEATS	Organ Meats	3 oz.
Liver		3 oz.	8-9
Liver Sausage		3 oz.	4 - 6
Shellfish		3 oz.	4 - 5
Red Meats		3 oz..	4
Fish and Poultry		3 oz.	2 - 3
Tofu		4 oz.	2.3
MEAT SUBSTITUTES	Seeds		
	Sunflower	1 oz.	2
	Pumpkin	1 oz.	3.2
	Cooked Dry Peas (beans, lentils, lima beans)	½ cup	2 - 3
	Eggs	1	1
	Nuts	1/3 cup	0.5 - 2.0
	Peanut butter	1 Tbsp.	0.3
	Watermelon	6" x 1/2" slice	3
FRUIT	Strawberries	1 cup	1.5
	Banana	1 cup	1
	Raisins, dates, prunes, figs, apricots	½ cup	3 - 4
DRIED FRUIT	Prune Juice	¾ cup	7.4
	Tomato Juice	¾ cup	1.6
	Apple Juice	¾ cup	1.1
JUICES (CANNED)	Dark Leafy Greens (spinach, collards, kale)		
	Cooked	½ cup	3
	Raw	1 cup	2
	Jicama	1/3 cup	0.8
VEGETABLES	Molasses	1 Tbsp.	3.2
	Brewer's Yeast (dry)	1 Tbsp.	1.4
	Pizza (cheese or pepperoni)	½ of 10"	4.5 - 5.4
MISCELLANEOUS	Hamburger	1	2.5
	Cheeseburger	1	2.5
	Burrito		
	Beef	1	4.6
	Bean	1	2.8
	Taco (beef)	1	2.9