



Increasing your hemoglobin

SOURCES OF IRON-RICH FOODS



Iron is essential to the human body. It is one of the components of hemoglobin, a protein contained in the blood that transports oxygen to the organs. Iron deficiency can cause anemia. It is important to eat a sufficient amount of iron-rich foods, especially if you are a blood donor.

Below are some examples of iron-rich foods:



IRON CONTENT IN ANIMAL-BASED FOODS

- > Liver, kidneys, heart, spleen
- > Blood pudding



- > Lamb, rabbit, hare, other mammals
- > Duck and other game birds
- > Fish and seafood



- > Beef, moose, deer, horse, bison, pork, mutton



- > Chicken, turkey



IRON CONTENT IN PLANT-BASED AND OTHER FOODS

- > Legumes (e.g., lentils, beans, peas)
- > Pumpkin and squash seeds
- > Seaweed
- > Blackstrap molasses



- > Cereals (e.g., instant oatmeal, cream of wheat)
- > Vegetables (e.g., spinach, asparagus, palm hearts)
- > Tofu



HOW TO ABSORB A SUFFICIENT AMOUNT OF IRON?

Iron from animal-based sources is the one that the body absorbs best.

To maximize iron absorption, eat a small quantity of meat and other foods containing iron (e.g., vegetables) at the same meal. Foods rich in Vitamin C (e.g., citrus fruit, cantaloupe, tomato, green pepper, broccoli, strawberries) aid iron absorption if they are eaten at the same meal.

Plant-based foods contain iron that is different from our own and our body has difficulty absorbing it.

If you are a vegetarian, we recommend that you take iron supplements to absorb a sufficient amount of iron. This should be discussed with your doctor, pharmacist or nutritionist.

When eating iron-rich foods, avoid tea, coffee and calcium sources since they inhibit iron absorption.

**A low hemoglobin level is not necessarily linked to insufficient consumption of iron.
Consult your family doctor to learn the exact cause.**