

SUGGESTIONS FOR IMPROVING YOUR IRON LEVEL

Seek out daily physical activity such as brisk walking. Regular, steady activity encourages the marrow to produce more blood cells.

Minimize smoking, since smoking hinds up the oxygen carrying capacity of the blood.

Improve iron absorption by consuming meat, fish, poultry and foods containing ascorbic acid (Vitamin C) at the same meal. Search out and consume iron-rich foods, see the list below.

<u>Food</u>	<u>Amt.</u>	<u>mg Iron</u>	<u>Food</u>	<u>Amt.</u>	<u>mg Iron</u>
Prune Juice	1 cup	10.5	Black-eyed Peas	½ cup	2.8
Liver	4 oz.	9.4	Chocolate	3½ oz.	2.8
Black Beans	1 cup	7.9	Raisins	½ cup	2.6
Mung Beans	1 cup	7.7	Chard	1 cup	2.6
Garbanzo Beans	1 cup	6.9	Dates	10	2.4
Pinto Beans	1 cup	6.1	Dandelion Greens	½ cup	2.3
Baked Beans	1 cup	6.0	Tofu	4 oz.	2.3
Navy Beans	1 cup	5.1	Tomato Juice	1 cup	2.2
Lima Beans	1 cup	5.1	Shredded Wheat	2	2.2
Soybeans	1 cup	4.9	Pumpkin Seeds	2 tbsp.	2.0
Rice Bran	½ cup	4.8	Snap Beans	1 cup	1.9
Turkey	4 oz.	4.6	Wheat Bran	½ cup	1.9
Rice Polishings	½ cup	4.4	Wheat Germ	½ cup	1.9
Lentils	1 cup	4.2	Soybean Milk	1 cup	1.8
Clams	2 oz.	4.2	Kale	1 cup	1.8
Spinach	1 cup	4.0	Prunes	5 cooked	1.8
Dry Peaches	5 halves	3.9	Dry Figs	4	1.8
Millet	½ cup	3.9	Mustard Greens	½ cup	1.8
Shrimp	4 oz.	3.8	Brussels Sprouts	1 cup	1.7
Turnip Greens	1 cup	3.6	Broccoli	1 cup	1.6
Split Peas	1 cup	3.4	Ran Raisin Bread	1 slice	1.6
Hamburger	3 oz.	3.3	Strawberries	1 cup	1.5
Molasses	1 tbsp.	3.2	Potato	1	1.4
Peas	1 cup	2.9	Oatmeal	1 cup	1.4
Beet Greens	1 cup	2.8	Egg	1	1.4
			Mushrooms	6	1.2



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