

If At First You Don't Succeed... Eat Right and Take Iron if You Can

We're very sorry you were unable to donate today, but we appreciate your willingness to come in and give blood.

You Were Deferred Today Due To Low Hemoglobin

Hemoglobin is responsible for carrying oxygen in your blood. Low hemoglobin (also referred to as "anemia") is the most common reason for someone to be told they cannot donate blood. This finding may mean that you have low iron levels. Today's test was just a snapshot of your hemoglobin level, so it is important to remember that this result doesn't necessarily mean that your health is at risk. It just means you shouldn't donate today. This deferral is temporary and you may try donating again in 14 days.

What You Can Do to Increase Your Hemoglobin Level

To help increase your hemoglobin levels and give you a better chance of a successful donation next time, LifeStream encourages all of our donors to **eat an iron-rich and well-balanced diet AND strongly consider the use of low-dose iron supplements that you take by mouth** (unless your doctor has told you not to take iron by mouth).

To help ensure a successful donation at your next visit, please review the following tips:

Eat Foods High In Iron

Iron is the part of hemoglobin that enables red blood cells to carry oxygen and deliver it to body tissues.

Very Good Sources of Iron	Good Sources of Iron
<ul style="list-style-type: none">• Beef: look for loin or round (i.e. top round)• Pork: look for loin (i.e. tender loin roast)• Cooked beans: pinto, garbanzo, kidney, lima, black and lentils• Cereals: with 50 percent or more added iron	<ul style="list-style-type: none">• Chicken, turkey, seafood, and tofu• Corn or flour tortillas: enriched• Rice, pasta or bread: enriched• Leafy greens: spinach, chard, collards, parsley and cilantro• Prune juice, dried fruit: prunes, figs, pears, raisins and apricots• Peas or snow peas

Quick Tip: Eating foods rich in Vitamin C can increase iron absorption in the body!

Limit Foods High in Cholesterol & Fat

High fat diets can make it difficult to donate healthy blood and place you at higher risk for heart disease.

How to Reduce Cholesterol	How to Limit Fat
<ul style="list-style-type: none">• Reduce fats, especially saturated fats that come from meat, poultry, butter, lard, whole milk products like some cheeses and ice cream, and from coconut, palm and palm kernel oils• Eat more fruits and vegetables and high-fiber foods like oatmeal, oat bran, wheat bran, barley, dried beans and peas• Increase physical activity	<ul style="list-style-type: none">• Eat lean meats, fish or poultry, and trim the fat• Roast, bake or broil instead of frying• Limit cold cuts, bacon, sausage and hot dogs• Use herbs and seasoning and limit sauces and gravy• Use nonfat or low fat dairy products• Go easy on fats and oils including vegetable oils, butter and margarine• Limit mayonnaise, salad dressing, shortening and lard• Eat fewer cakes, cookies, donuts, pastries, chips and candy bars

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Taking Iron Supplements

For many, eating iron-rich foods is still not enough to improve iron stores. Therefore, LifeStream encourages all blood donors to consider replacing the iron lost during donation with low doses of daily iron taken by mouth. The easiest way to do this is with a daily multivitamin with iron that you can purchase in most grocery stores and pharmacies (no prescription needed). There is enough iron in a daily multivitamin with iron to replace the amount of iron lost in a whole-blood donation before your next donation. This is very important for teenage blood donors, female donors who are having monthly cycles, and all other donors who donate more than once per year.

Caution: Most healthy blood donors can safely take low dose of iron. However, if you are under medical care for any reason, if someone in your family has a disease called "hemochromatosis," or if colon cancer runs in your family, you should talk to your personal healthcare provider.