



INOVA BLOOD DONOR SERVICES

You can increase the amount of iron your body absorbs by eating foods high in Vitamin C along with foods rich in iron.

IRON

Beets
Collard Greens

RICH

Chicken
Clams

FOODS

Dates
Dried Apricots
Dried Beans or peas
Dried Peaches
Dried Prunes or Prune Juice
Eggs
Enriched Breads
Ham
Iron-Fortified Cereal
Liver
Liver Sausage
Meat, Especially Lean Beef or Pork
Molasses (Blackstrap)
Oysters
Raisins
Sardines
Scallops
Shrimp
Tuna
Turkey
Veal
Wheat Germ
Whole-Grain Breads