

IRON UP!

Understanding Hemoglobin *THE RED COLOR*

A hemoglobin test is done to ensure you are eligible to safely donate blood.

To prepare for your donation, build up your hemoglobin level with an iron-rich diet.

Here are foods that help build iron:

Vegetables

- Bean Sprouts
- Broccoli
- Brussel Sprouts
- Cabbage
- Green Beans
- Lima Beans
- Peas
- Potatoes
- Tofu
- Kale
- Beets
- Dark Leafy Greens

Seafood

- Crab
- Oysters
- Raw Clams
- Sardines
- Shrimp

Meats

- Chicken
- Lamb
- Lean Beef
- Veal
- Liver (except fish)
- Pork
- Turkey

Whole Grain

- Brown Rice
- Soy Bean Flour
- Enriched Pasta
- Wheat Germ
- Enriched Cereals
- Bran

Other

- Tomato Juice
- Dried Fruit
- Nuts



**Blood Bank
of Hawaii**

To make an Appointment
808-848-4770 | BBH.org
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