

Boost your Blood Count

Low hematocrit—it's a common challenge.

If you have been temporarily deferred as a blood donor because of a low hematocrit or blood count, please try to donate again. In many cases a simple change in your diet is all it takes to increase your hematocrit enough to be able to donate. A low hematocrit is one of the most common reasons people are deferred from blood donation in Central Texas.

Iron-rich foods help promote blood regeneration.

The table below gives the iron content of some common foods. You can increase the amount of iron your body absorbs by eating foods and/or drinking juices high in Vitamin C, along with ones rich in iron. Drinking caffeinated beverages like tea and coffee during and after meals decreases iron absorption and should be avoided.

FOOD	SERVING SIZE	MG OF IRON
Clams	3 oz	12 - 24 mg
Oysters	3 oz	6 - 12 mg
Liver	3 oz	7 - 8 mg
Lean Beef	3 oz	3 - 5 mg
Beans	1/2 cup	1 - 2 mg
Lean Pork	3 oz	1 - 2 mg
Spinach	1/2 cup, cooked	2 mg
Raisins	1/2 cup	2 mg
Dried Apricots	1/2 cup	2 mg
Dried Prunes	10	2 mg
Pasta	1 cup	2 mg
Tuna, canned	3 oz	2 mg
Chicken	3 oz	1 - 2 mg
Fish	3 oz	1 mg
Enriched bread	1 slice	1 mg