

Be sure to eat at your regular mealtimes and drink plenty of fluids.

Drink water and avoid coffee and tea. Tannins in coffee and tea can block the absorption of iron.

Eat foods rich in iron, since only donors with good iron levels will be accepted for donation. Red meat, soybeans, dried beans, peas, whole grains, prunes and dried fruits, are excellent sources of iron.

Try to combine foods rich in vitamin C with foods rich in iron because vitamin C helps the body absorb iron. Vitamin C can be found in citrus fruits and juices, cantaloupe, strawberries, broccoli, tomatoes, peppers, potatoes, leafy greens, and beets.

You can safely donate whole blood every 56 days, platelets up to 24 times a year and double red cells every 112 days.



American Red Cross

**The need is constant.
The gratification is instant.
Give blood.™**

1-800-GIVE-LIFE | bloodisneeded.org