Hemoglobin is a protein in red blood cells that carries oxygen. A “finger stick” test can tell how much hemoglobin you have in your blood and lets us know if you have enough blood to share with others. If your hemoglobin is low, you will not be able to donate blood until it has had time to increase to higher levels (12.5 or 13.0 g/dL or more for females or males, respectively).

**Iron Rich Foods**

**Very good sources:**
- 3 ounces of beef or chicken liver
- 3 ounces of clams or mollusks
- 3 ounces of oysters
- Breakfast cereals enriched with iron
- One cup of cooked beans or lentils
- One-half cup of tofu
- 1 ounce of pumpkin or sesame seeds

**Boost Your Red Cells with Iron Rich Foods**
Hemoglobin is a protein in red blood cells that carries oxygen. A "finger stick" test can tell how much hemoglobin you have in your blood and lets us know if you have enough blood to share with others. If your hemoglobin is low, you will not be able to donate blood until it has had time to increase to higher levels (12.5 or 13.0 g/dL or more for females or males, respectively).

**Iron Rich Foods**

**Good sources:**
- 3 ounces of cooked beef
- 3 ounces of cooked turkey
- One-half cup of spinach
- One-half cup of chickpeas
- One medium baked potato
- One cup of cooked enriched egg noodles

**Other sources:**
- 3 ounces of chicken
- 3 ounces of halibut, perch, salmon, or tuna
- 3 ounces of ham
- 1 ounce of peanuts, pecans, walnuts, pistachios, roasted almonds, roasted cashews, or sunflower seeds
- One-half cup dried raisins, apricots, peaches, or prunes
- One medium stalk of broccoli
- One cup of pasta
- One slice of bread, pumpernickel bagel, or bran muffin
- One cup of rice