



**CASCADE REGIONAL  
BLOOD SERVICES**  
YOUR COMMUNITY BLOOD CENTER

# WHAT CAN YOU DO ABOUT **LOW IRON?**

Low iron levels can be a temporary, easily-remedied condition. Someone who is iron deficient will absorb more iron than someone whose iron level is normal. Iron is best absorbed from meat and seafood. If you have severe or consistently low iron counts, you should consult with your personal physician.

Every day normal bone marrow cycles one trillion red blood cells through your blood stream. Hemoglobin, a protein in red blood cells, cannot be produced in the bone marrow unless the body has a good supply of iron.

## FOODS RICH IN IRON

**MEATS**  
Red meats  
Poultry  
Veal  
Pork  
Seafood

**VEGETABLES & FRUITS**  
Dried beans and peas  
Lima beans  
Canned green peas  
Kale  
Spinach  
Collards  
Turnip Greens  
Dried fruits

**ENRICHED PRODUCTS**  
Flour  
Bread  
Breakfast cereals  
Rice  
Pasta  
Noodles

**OTHER**  
Molasses  
Brown Sugar

**SUPPLEMENTS**  
Multi-vitamins  
Iron tablets

### QUESTIONS?

Feel free to contact one of our donor specialists at 1-877-24-**BLOOD** or visit our website at [WWW.CRBS.NET](http://WWW.CRBS.NET).