



**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?

Please feel free to contact one of our Donor Specialists at 1-877-24-**BLOOD**, or visit our website at www.crbs.net.