

sources of iron

Before having back surgery, you may be required to donate blood. This is a safety measure taken with any large surgical case that involves potential blood loss.

In order to donate blood, you must have strong iron levels. If your iron levels are low, you may need to reschedule for your blood donations. The following is a list of foods that are rich in iron and can be eaten to increase your iron levels.

- Almonds
- Avocados
- Beets
- Black beans (dry)
- 40% bran flakes
- Cream of wheat
- Dates
- Dried apricots
- Dried figs
- Dried peaches
- Eggs
- Garbanzos (dry)

- Green leafy veggies
- Kelp
- Kidney beans
- Lean red meats
- Lentils
- Lima beans
- Liver
- Oat flakes (fortified)
- Pistachio nuts
- Pinto beans
- Potatoes

- Poultry
- Pumpkin
- Raisins
- Rice
- Rice bran
- Sesame seeds
- Soybeans
- Sunflower seeds
- Tuna in water
- Watercress
- Wheat bran

herbs that contain iron

- Cayenne
- Chicory
- Chamomile
- Dandelion
- Fennel seeds
- Lemongrass
- Peppermint
- Paprika
- Plantain
- Parsley

