Tips for a Successful Donation: Foods High in Iron

**Meat & Eggs**
- Beef
- Lamb
- Ham
- Turkey
- Chicken
- Veal
- Pork
- Dried beef
- Liver
- Liverwurst
- Eggs

**Seafood**
- Shrimp
- Clams
- Scallops
- Oysters
- Tuna
- Sardines
- Haddock
- Mackerel

**Vegetables**
- Spinach
- Sweet potatoes
- Peas
- Broccoli
- String beans
- Beet greens
- Dandelion greens
- Collards
- Kale
- Chard

**Fruit**
- Strawberries
- Watermelon
- Raisins
- Dates
- Figs
- Prunes
- Prune juice
- Dried apricots
- Dried peaches

**Beans & Other Foods**
- Tofu
- Beans
- Tomato products
- Dried peas
- Dried beans
- Lentils
- Instant breakfast
- Corn syrup
- Maple syrup
- Molasses

**Bread & Cereals**
- White bread (enriched)
- Whole wheat bread
- Enriched pasta
- Wheat products
- Bran cereals
- Corn meal
- Oat cereal
- Cream of Wheat
- Rye bread
- Enriched rice

Baylor Scott & White Blood Center