

# How Can I Improve My Hemoglobin?

Hemoglobin is a protein molecule in red blood cells that carries oxygen from the lungs to the body's tissues and returns carbon dioxide from the tissues to the lungs. Healthy hemoglobin levels are necessary in order to donate blood.

The following are suggested foods that may help increase your hemoglobin:

## MEAT

- Lean Beef
- Lamb
- Pork
- Poultry
- Turkey (esp. dark meat)
- Veal

## SEAFOOD/FISH

- Oysters
- Clams
- Shrimp
- Crab
- Fish Fillets or Steaks
- Tuna

## WHOLE GRAINS

- Whole Grain Bread
- Bran
- Soy Bean
- Flour
- Enriched Pasta

## VEGETABLES

- Greens (all kinds)
- Sweet Potatoes
- Bean Sprouts
- Potatoes
- Beets
- Spinach

## FRUITS

- Berries (all)
- Grapes and Raisins
- Plums & Prunes
- Oranges
- Watermelon
- Dried Fruit

## LEGUMES

- Dried Peas
- Dried Beans
- Lentils
- Nut Butters

## MISCELLANEOUS

- Egg Yolk
- Tofu
- Sesame Seeds
- Whole and Skim Milk (fortified)
- Tomato Juice

**Give blood, save lives and  
find the hero in you.**

