



**South Texas  
Blood & Tissue Center**

[www.southtexasblood.org](http://www.southtexasblood.org)

## **ABOUT HEMOGLOBIN**

### **What is Hemoglobin?**

Hemoglobin is a protein in your blood that contains iron. It carries oxygen to the body tissues and gives blood its red color. To safeguard your health, your hemoglobin is measured and must be at least at a minimum level before you can donate. If your hemoglobin is lower than the minimum level, you will be temporarily ineligible to donate blood. The most frequent cause of a low hemoglobin, but not the only one, is not having enough iron. It can take several months to build up your hemoglobin with diet alone. The best sources of iron are:

Red Meat and Liver



Chicken

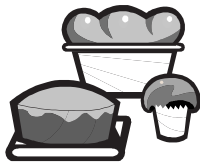


Fish and Shellfish



### ***Other good sources of iron include:***

Cereals, iron enriched bread



Dark green leafy vegetables



Dried beans



Dark molasses



Dried fruits (raisins, apricots, peaches)



Low iron can be corrected faster with medication, but this should only be done with the approval of your physician.

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