

## Red Cross Recommends Iron Rich Diet Before Donating Blood

(KTNC) - There are several opportunities to donate blood in southeast Nebraska over the next few weeks.

The American Red Cross says that blood donors should eat a well-balanced diet with extra iron-rich foods before donating blood this fall. They say even healthy donors are sometimes temporarily deferred due to low hemoglobin levels.

Iron-rich foods include poultry and red meat, dried fruit, beans, peas, raisins, eggs, bread fish, and lentils. Iron-rich produce such as broccoli, kale, sweet potatoes, spinach, apricots, and chard are also in season and more abundant in the fall.

The Red Cross also recommends iron supplements for regular blood donors, after consulting with a health care provider or pharmacist.

Upcoming blood drives this month include: Monday, October 7, from 12:00 to 6:00 p.m. at Sterling High School; Thursday, October 10, from 10:00 a.m. to 4:00 p.m. at the Methodist Church in Pawnee City; Tuesday, October 15, from 1:00 to 7:00 p.m. at Johnson-Brock High School; Wednesday, October 16, from 10:00 a.m. to 4:00 p.m. at HTRS High School; and Tuesday, October 22, from 10:00 a.m. to 4:00 p.m. at Community Medical Center in Falls City.