

IRON

LET'S TALK ABOUT IT!

YOU NEED IRON THINK ABOUT IT!

To build the red blood cells that carry oxygen all over your body, you need iron. As you lose a small proportion of your blood cells each day, your body needs to find enough iron in your diet to compensate for the daily loss.

You are at greater risk of iron deficiency if:

- You are a woman of child-bearing age, due to the loss of blood during your menstrual period;
- You are physically active;
- You have a low-iron diet.

DONATING BLOOD INCREASES LOSS OF IRON

When you donate blood, you lose around 250mg of iron, which your body will have to make up for in the days that follow.

On the basis of the tests we carry out (haemoglobin, haematocrit and red blood cell count) and depending on your lifestyle, we may ask you to take iron tablets to prevent anaemia.

HOW TO TAKE IRON?

- Take the capsules **immediately after the donation**, as this is the time when iron is most effective in the production of red blood cells.
- **1 capsule a day.**
- At any time of day, but preferably in the morning.
- Take all the capsules you are given.
- Iron can be taken with a meal; it is not necessary to take it on an empty stomach.

INTERACTIONS WITH IRON

Leave at least 4 hours between taking iron and thyroid hormones.

*For more information
on the molecule*

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**YOU NEED TO
TAKE IRON**

Follow this advice



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A BALANCED DIET IS VERY IMPORTANT!

A balanced diet will cover the natural loss of iron, i.e. about 1mg per day.

DAILY REQUIREMENT

- Men: +/- 9mg
- Women: 16 - 18mg (before the menopause)

ABSORPTION OF IRON

The iron contained in food is difficult for our bodies to absorb.

There are 2 types of iron in our food: the first, from **animal sources**, is easier to absorb than the second, from **plant sources**.

- Absorption of iron from animal sources: 25 %
- Absorption of iron from plant sources: 5 %

Combining animal and plant sources of iron in the same meal doubles the absorption of iron.

Vegetarian and vegan diets (without meat products and/or animal products) present a higher risk of iron deficiency. It is therefore important to supplement your diet if you are advised to.

Did you know?

Vitamin C stimulates the absorption of iron from plant sources.

It is found in oranges, kiwis, lemons, raw red and green peppers, coriander, parsley, fennel, broccoli, cauliflower, strawberries, mangos, etc.

Drinking coffee or tea will have the opposite effect, so it is best not to drink these beverages at mealtimes!



IRON-RICH FOODS

	High source of iron	Good source of iron
Animal origin	<ul style="list-style-type: none"> Black pudding Pork, lamb, poultry and beef liver Lamb kidney Pigeon Clams, oysters, mussels, winkles 	<ul style="list-style-type: none"> Beef, turkey, veal Tongue Liver pâté, veal kidney Beef and pork kidney and heart Fish
Vegetable origin	<ul style="list-style-type: none"> Seaweed Cocoa powder Wholegrain cereals Almonds, sesame seeds, soya beans Lentils, white beans, chickpeas 	<ul style="list-style-type: none"> Soya milk, tofu Hazelnuts, coconut, Brazil nuts Peanuts Cooked Swiss chard, spinach Potatoes cooked with skin Dried fruit (apricots, figs, prunes, raisins, sultanas, dates) Wholemeal bread