

Nutritional Guidelines for Blood Donation



Definition

Blood is made of cells, water, vitamins, minerals and proteins. It transports oxygen and nutrients to throughout the body and eliminates wastes.

Importance of Nutrition

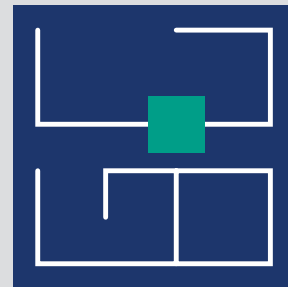
- Good fluid intake and nutrition helps to replace the blood volume or plasma within 24 hours. Red cells need about four to eight weeks for complete replacement.
- Good nutrition provides the body with the necessary nutrients for new blood formation and helps avoid anemia.

Nutrients Needed

- **Iron:** sources of iron include red meat, chicken, liver, green leafy vegetables, dried fruits, dried beans, peas and lentils.
- **Vitamin C:** helps iron to be absorbed. It is found in tomatoes and citrus fruits, especially oranges. It is advisable to eat one orange or drink 1-cup of orange juice per day.
- **Folic acid and Vitamins B12:** are needed for forming and maturing red blood cells. They are found in lean meat, eggs, peanut butter and whole grains.
- **Protein:** is necessary to make new blood. It is found in milk and milk products, lean meat, fish, tuna, chicken, eggs, dried beans and lentils.

General Guidelines

- Eat well-balanced meals and increase your fluids intake to help restore blood volume after donating blood.
- Practice regular physical activity to strengthen the body and improve blood circulation.
- Avoid tobacco products as they do not help the body to formulate new blood.
- Reduce caffeine intake, as caffeine reduces iron absorption. Do not drink coffee or tea or cola with meals.
- If you wish to use supplements, it is advisable to speak to your doctor and to go for complete supplements that contain all the nutrients, including iron.



Scan the QR code to visit the JHAH Blood Donation web page

مرکز جونز هوبکینز
أرامکو الطبي
Johns Hopkins
Aramco Healthcare

نحن نهتم
We Care