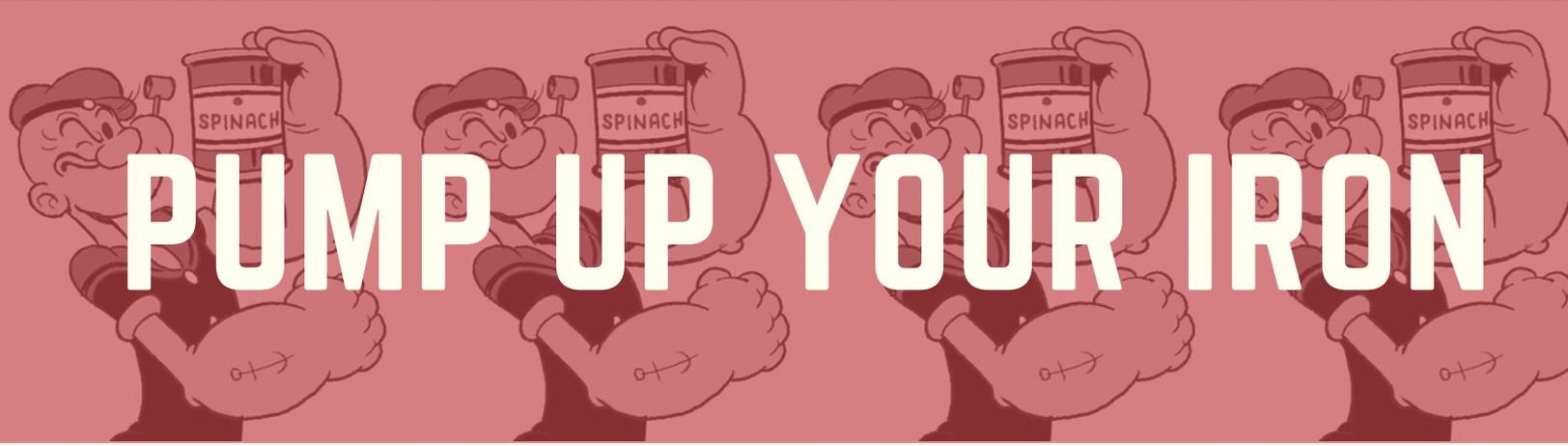


**BLOOD  
DRIVE**

**MJE**  
manhattan jewish experience  
**2017**

**& MITZVAH  
FAIR**

*In memory of Irwin Brandfon z"l*



# PUMP UP YOUR IRON

Dear Friend,

We are looking forward to seeing you at the MJE Annual Blood Drive and Mitzvah Fair on Sunday, November 19th from 11am - 3pm. The event will take place at the MJE headquarters: 131 West 86th Street, 10th floor. Thanks to you, last year, we collected 69 pints of blood for New York's Blood bank. That's a potential 207 Lives saved from our contribution! Our goal this year is to exceed that amount to help the many people in need.

## **Get your body in tip top shape to donate!**

Be sure to eat at your regular meal times and drink plenty of fluids prior to donating. A minimum hemoglobin level of 12.5 is required. Eating foods that are rich in iron may help assure your hemoglobin will be high enough to donate blood. Eat 2 to 3 weeks before your donation. Iron is found in meat, poultry, egg yolks, and to a lesser extent some green leafy vegetables, dried fruits, beans, peas, whole grains and enriched cereals and breads. Vitamin c helps the body absorb iron. Foods rich in vitamin C are citrus fruits, strawberries, mustard greens, cauliflower and green peppers.

Absorption of iron from food is influenced by multiple factors. One important factor is the form of the iron. Heme iron is found in animal sources and highly available for absorption. Non-heme iron on the other hand, which is found in vegetable sources, is less available. Below are the list of Heme iron rich foods & Non-heme iron rich foods:

### **IRON RICH FOODS CONTAINING HEME IRON**

Excellent Sources	Beef liver, Chicken liver
Good Sources	Beef, Sardines, Turkey

### **IRON RICH FOODS CONTAINING NON-HEME IRON**

Excellent Sources	Molasses, Cooked beans & lentils, Enriched breakfast cereals, Pumpkin Seeds, Spinach, Kale
Good Sources	Baked potato with skin, Canned asparagus, Canned beans, Enriched pasta

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The absorption of Non-heme iron can be improved when a source of heme iron is consumed in the same meal. In addition, there are foods which can enhance the absorption of non-heme iron. Vitamin C is known to help with iron absorption! To the right is a list of the enhancer foods.

#### IRON ABSORPTION ENHANCER FOODS

Fish/Meat/Poultry

Fruits: cantaloupe, grapefruit, orange, orange juice, strawberries, etc.

Vegetables: Broccoli, brussel sprouts, green & red peppers, tomato & tomato juice

While some foods can enhance iron absorption, some can inhibit or interfere with iron absorption. Avoid eating them with iron-rich foods to maximize iron absorption. To the left is a list of inhibitor foods. This doesn't mean cut these out of your diet - just avoid in a meal where you are trying to absorb iron!

#### IRON ABSORPTION INHIBITOR FOODS

Bran, Coffee, Red Wine, Soy, Tea  
Cocoa, Calcium

**If you haven't already, please make sure to register for the event on eventbrite:**

[REGISTER HERE](#)

**And if you will be giving blood, it is important to click the link below to reserve a time slot:**

[CLICK TO MAKE BLOOD  
DRIVE APPOINTMENT](#)

See you there!

*Jill Wildes*  
MJE CO-Founder