

## **BLOOD DONATION AND LOW-FAT DIETS**

Did you know that it's extremely important to eat a low-fat diet during the 24 hours prior to your donation of whole blood, plasma or platelets? Fats in the plasma of your blood interfere with the testing of blood specimens and if the tests cannot be performed accurately, we cannot send your much-needed donation to hospitals.

You can help us make your donation successful by using the following diet guidelines in the 24-hour period before your next donation. Your cooperation is greatly appreciated!

### **FOODS TO AVOID**

- ❖ Whole-fat dairy products
- ❖ Fried foods
- ❖ Mayonnaise
- ❖ Fast food
- ❖ Chips
- ❖ Cream soups and sauces
- ❖ Cookies, cakes, chocolate
- ❖ Fatty cuts of meat
- ❖ Butter
- ❖ Peanut butter

### **FOODS TO EAT**

- ❖ Low and non-fat dairy products
- ❖ Lean meats
- ❖ Fish
- ❖ Bread
- ❖ Pasta
- ❖ Grains
- ❖ Vegetables
- ❖ Fruits
- ❖ Legumes
- ❖ Potatoes