

Foods to Improve Red Blood Count (Rich in Iron)

1. Introduction:

- Maintaining a healthy red blood cell (RBC) count is essential for transporting oxygen throughout the body. Low RBC levels, often due to iron deficiency, can lead to anemia, fatigue, and weakened immunity.
- Including iron-rich foods in your diet can help improve red blood cell production and overall vitality.

2. Key Nutrients to Focus On:

- **Iron:** Vital for the production of hemoglobin, the protein in RBCs that carries oxygen.
- **Vitamin C:** Enhances the absorption of non-heme iron (found in plant-based foods).
- **Folate:** Supports the formation of red blood cells.
- **Vitamin B12:** Helps maintain healthy red blood cell production.

3. Top Foods:

- **Fruit and Veggies:**
 - **Spinach:** High in non-heme iron and vitamin C, which helps enhance absorption.
 - **Pumpkin Seeds:** Packed with iron and zinc, which support blood production.

Proteins:

- **Red Meat (e.g., beef, lamb):** A rich source of heme iron, which is easily absorbed by the body.
- **Shellfish (e.g., clams, mussels, oysters):** Among the best sources of heme iron.

High-Fibre foods

- **Legumes (e.g., lentils, chickpeas):** A plant-based source of iron, Fibre, and folate.
- **Fortified Cereals:** Many cereals are fortified with iron, making them a convenient option for boosting iron intake.

4. Scientific Backing:

- According to research from Medline.gov, heme iron from animal sources is more bioavailable (easier for the body to absorb) than non-heme iron from plant sources.
- A study published by the CDC found that individuals with low iron levels benefitted from combining iron-rich foods with vitamin C for better absorption.
- Link: <https://www.healthline.com/health/how-to-increase-red-blood-cells>

5. Fun Fact/Tip:

- **Fun Fact:** Did you know that pairing spinach with a squeeze of lemon juice can significantly improve iron absorption?
- **Tip:** Incorporate vitamin C-rich foods, like citrus fruits, tomatoes, or bell peppers, into meals containing plant-based iron sources to boost absorption.

6. Related Lifestyle Changes:

- In addition to a diet rich in iron, maintaining adequate hydration, avoiding excessive caffeine during meals (which can inhibit iron absorption), and regular exercise can support healthy red blood cell levels.

7. External Links & References:

- [Check how to increase red blood cell count!](#)

CTA: Proven ways to improve red blood count for your well being!