

Blood talk: Keeping up your body's fuel lines

Most adults have more than a gallon of blood pumping through their veins. Blood is like a delivery truck. Its road are your veins, the packages it carries are essential nutrients and oxygen. Its stops include your heart, liver and all your cells. Your blood is also picking up waste for disposal. To keep it all working, you need to keep your blood healthy.



Photo above by Fizkes, below by Jacob Ammentorp Lund, courtesy iStockphoto

Quick facts on blood health:

1 The most important part of upkeep is diet. Your blood needs iron, which is in foods such as shellfish, spinach, legumes and red meat. However, meat is also fatty, so be careful how much of it you eat.



2 Vitamin B12 is also needed, found in meats, fish, cereals, eggs and dairy products. Getting proper nutrition helps keep your blood healthy and makes you feel good.

3 Blood carries oxygen throughout your body, and you can feel dizzy when not enough oxygen is delivered. Sometimes this is a symptom of anemia. See your doctor if you are often light-headed.

4 Another way to improve blood health is through regular exercise and maintaining a healthy weight. Doing so helps keep your blood sugar levels and blood pressure healthy.

5 Your family history is another factor in blood health. If sickle cell disease runs in your family, be sure your doctor knows. Sickle cell can cause many health problems.



>> For more information on blood health, visit www.hematology.org