

Caffeine and Pregnancy

Switch from coffee – to milk, juice or water instead!

Why?

Too much caffeine is not good for you or your baby.

Make sure coffee, tea or pop do not replace more nutritious beverages such as milk and juice.

Growing babies need many nutrients that coffee, tea and pop do not have.

How?

- Choose drinks that have no caffeine more often:
 - soft drinks without caffeine (Sprite™, 7-Up™, Orange Crush™, gingerale),
 - decaffeinated coffee or tea,
 - safe herbal teas,
 - nutritious drinks such as milk or real juice,
 - water,
 - hot drinks: hot milk, apple juice, hot water and lemon, or Ovaltine™.
- It is best not to have more than 400 milligrams (mg) of caffeine in a day.

| Caffeine in Foods and Drinks | |
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| Food or Drink | Amount of Caffeine (mg) |
| Coffee (6 oz/200 mL) <ul style="list-style-type: none">• Percolated• Filter drip• Instant | 72-144 108-180 60-90 |
| Tea (6 oz/200 mL) <ul style="list-style-type: none">• Weak• Strong | 18-24 78-108 |
| Some varieties of pop (one 12 oz can /355ml) | 28-64 |
| Chocolate bar (2 oz/60 g) <ul style="list-style-type: none">• Milk chocolate• Dark | 3-20 40-50 |

Herbal Teas

Many herbal teas make a good caffeine-free hot drink, if you don't drink too much of any one tea, and if you don't brew your teas strong.

Do not have these herbal teas if you are pregnant:

Aloe, Coltsfoot, Juniper Berries, Pennyroyal, Buckthorn Bark, Comfrey, Labrador Tea, Sassafras, Chamomile, Duck Roots, Lobelia, Senna Leaves.

