

Is Caffeine Safe in Pregnancy?

Yes, Health Canada states pregnant and breastfeeding women can safely eat or drink **300 mg (or less)** of caffeine per day and not cause harm to the baby.

What is 300 mg of caffeine?

2 cups of **coffee**, brewed, drip method



OR

6 cups of **black tea or green tea**

Note: 1 cup = 8 oz



Buyer Beware!

Energy drinks can contain the same amount of caffeine as **5 cans** of cola!



energy drinks are not recommended for pregnant or breastfeeding women.

WATCH OUT!!!

Yerba Mate and **guarana** can have more caffeine than coffee. Check for these products on ingredient lists of foods and beverages.

Limit other foods and drinks that have caffeine and sugar:



Iced
Capps



Bubble
Tea



Cola
Drinks



Cola
Slurpees



Lattes



Chocolate
Bars



Hot
Chocolate



Energy
Drinks

Ways to Boost Your Energy without Caffeine:

- Drink water
- Have a nap and get a good night's sleep
- Take a 10-minute walk
- Try not to skip meals
- Eat a variety of healthy foods
- Take a stretch break several times in the day

How do I cut down coffee and tea with caffeine?

Coffee:

- Try using decaf coffee
- Make your coffee with ½ decaf and ½ regular coffee
- Add less coffee and more milk to your cup
- Use instant coffee instead of brewed coffee since it has less caffeine
- Use a smaller mug
- Cut out one cup a day – try drinking a safe herbal tea instead like peppermint (see Dietitian for more information on herbal teas)

Tea:

- Brew your tea for a shorter time
- Try a safe herbal tea (see Dietitian for more information on herbal teas)
- Try a caffeine free tea
- Try hot water with lemon or fresh ginger

