

Caffeine During Pregnancy

Now, a Health Minute.

Caffeine can help you stay energized throughout the day. But if you're pregnant, you should limit how much caffeine you drink or eat to keep your baby healthy. Caffeine is found in coffee, tea, soda, energy drinks, chocolate and some medications.

It can keep you awake, raise your blood pressure and heart rate, and cause you to pee more which can lead to dehydration. Caffeine passes through the placenta to your baby. That's why it's important to cut down on how much you drink.

To keep your baby healthy, talk to your healthcare provider about how much caffeine is safe during your pregnancy.