



Caffeine During Pregnancy



Overview

You're pregnant, and you want to make sure your baby is as healthy as possible. One of the things you worry about is caffeine. Is it safe to have a coffee or tea in the morning? What about other sources of caffeine throughout the day? Let's learn how this energy booster can impact your growing baby.

Caffeine passes to your baby

First, what is caffeine? It's the most widely used drug in the world. It's a stimulant. In small doses, it gives you a burst of energy. But when you're pregnant, caffeine passes through your blood and into your baby, too. We don't know exactly how it affects your baby. But doctors say it's probably best to limit your caffeine use during pregnancy.

How much is too much?

So, how much caffeine can you drink? Try to drink no more than 200 milligrams of caffeine each day. Caffeine levels vary greatly among different drinks, so you may need to find out what's in your favorite drink. But in most cases, you should be able to have a cup of coffee or a few cups of tea each day and stay under this limit.

Conclusion

For more info about caffeine consumption during pregnancy, talk to your doctor.

