

Caffeine during Pregnancy and Breastfeeding



Caffeine is found in a variety of foods and beverages and even in some over-the-counter medications, like cold medications. If you are pregnant, planning a pregnancy or breastfeeding, it is a good time to limit or avoid your intake of caffeine.

Pregnant women and breastfeeding mothers should have **no more than 300 mg of caffeine per day from all sources**. This is approximately 2 (8 oz/250 ml) cups of coffee per day.



When estimating your caffeine intake, remember to consider the **size** of the cup you are using.

Large amounts of caffeine may increase the chances of miscarriage, premature delivery, and low birth weight.

Caffeine is passed into breastmilk. Large amounts of caffeine while breastfeeding can cause irritability and sleeplessness in babies.

Remember: Pregnant and breastfeeding women require more fluids. Instead of caffeinated beverages, drink water, milk, soup and 100% fruit and vegetable juices.

Food or beverage	Amount of Caffeine (milligrams)
"Energy drinks" (e.g. Red Bull®), 1 can	80 – 259 mg
Coffee, brewed, 8 oz (250 ml)	135 – 179 mg
Coffee, instant, 8 oz (250 ml)	76 – 106 mg
Coke® or Pepsi®, regular or diet -1 can (355 ml)	36 – 46 mg
Barqs® Root Beer, 1 can (355 ml)	23 mg
Dr. Pepper®, 1 can (355 ml)	42 mg
Tea, 8 oz (250 ml)	43 mg
Green tea, 8 oz (250 ml)	30 mg
Lipton®, Nestea® and Snapple® Iced Tea 16oz (473 ml)	18 – 42 mg
Dark chocolate bar, 1 oz (28 g)	19 mg
Milk chocolate bar, 1 oz (28 g)	7 mg
Chocolate milk or hot chocolate, 8 oz (250 ml)	5 – 8 mg
Coffee "decaf", 8 oz (250 ml)	3 – 5 mg
Decaffeinated or most herbal teas, 8 oz (250 ml)	0 mg

(2009) Health Canada. <http://www.hc-sc.gc.ca/fn-an/secureit/facts-faits/caffeine-eng.php>
 (2008) Dietitians of Canada. Caffeine Content of Selected Drugs, Beverages and Cocoa Products.

If you have questions about caffeine during pregnancy and breastfeeding call the Parent Talk Information Line to speak to a public health nurse.

905-688-8248 or 1-888-505-6074, ext. 7555



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2009