

## Caffeine Matters

- Caffeine, like most substances taken during pregnancy, crosses the placenta. Your baby gets it too!
- Some people are more sensitive to caffeine than others. If it causes you problems such as headaches, restlessness, rapid heart rate or tiredness, you may need to lower your caffeine intake.
- Caffeine may help some people stay alert, but it will not sober up someone who drinks too much alcohol. (You should NOT drink alcoholic beverages if you are pregnant.)
- Manufacturers add caffeine to soft drinks, sports and energy drinks to make you feel “energetic.” Some beverages have large amounts added. Examples include Enviga (a green tea drink), which has 100 mg of caffeine per 12 ounce serving. AMP energy drink has 74 mg of caffeine per 8 ounce serving.
- Soft drinks have become the major source of caffeine for children. Beware of the super-sized caffeinated soft drinks served in fast food restaurants. In addition to caffeine, soft drinks have a lot of sugar that can cause tooth decay, along with weight gain.

## Beware of Energy Drinks

- Many energy drinks typically contain high levels of caffeine - up to 3-5 times more than cola drinks. They often have additional amounts of caffeine from other additives of plant origin. Therefore, their caffeine content may be much higher than listed.
- Look for ingredients such as guarana, kola nut, yerba mate and cocoa. The actual caffeine content may be hidden in these plants.
- Energy drinks also contain other herbal supplements that have potential interaction with vitamins or medications that you are taking. They may increase your heart rate or blood pressure.

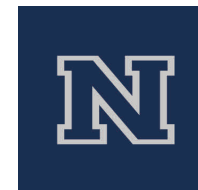
## How Do You Cut Back?

- Choose caffeine-free drinks, decaffeinated coffee or tea, fruit juices or water.
- Switch to non-caffeinated soft drinks such as 7-Up®, Sprite®, Slice®, ginger ale, root beer, or Fresca® or decaffeinated colas.
- Mix one half regular and one half decaffeinated coffee or drinks.
- If you can't switch all at once, alternate a caffeinated beverage with a decaffeinated one throughout the day.
- Read medications for caffeine content. If you are not sure, check with health professionals such as pharmacists, doctors, nurses or dietitians.

*This fact sheet was excerpted from the Nurturing Partners Curriculum (CM-02-04) lesson on Smoking-Alcohol-Drugs and revised 10/2012.*

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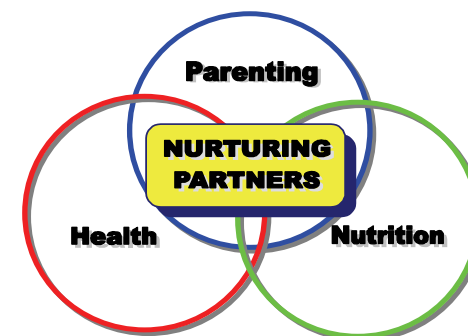


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# Caffeine Matters During Pregnancy

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# CAFFEINE CONTENT OF VARIOUS FOODS & MEDICATIONS

The table below shows the AVERAGE caffeine content of various beverages, chocolate, and over-the-counter medications

Caffeine is a natural chemical found in leaves and seeds of more than 60 plants. It is also added to many soft drinks, sport and energy drinks and non-prescription medications (see table).



Caffeine is a stimulant. It can increase alertness and heart rate. It also causes your body to lose water.

Most experts agree that pregnant women and nursing mothers should limit their intake to no more than 300 milligrams (mg) of caffeine per day. Too much caffeine can cause developing babies to have irregular heart rates. Breastfed babies whose mothers take in too much caffeine are sometimes fussy, cranky and do not sleep well. It is much harder to take care of tired or fussy babies, especially for first-time mothers.

You may want to learn about the caffeine content of your favorite beverages (see chart). If the total is more than 300 milligrams a day, you should slowly cut back over the period of a few weeks. During this time, you may have withdrawal symptoms such as headache, sleepiness, feeling kind of low and upset stomach. Remember these symptoms will lessen over time.



PRODUCT	CAFFEINE (milligrams)	PRODUCT	CAFFEINE (milligrams)
<b><u>Coffee &amp; Other Beverages</u></b>		<b><u>Soft Drinks (12 ounces)</u></b>	
Brewed (8 oz)	135	7UP <sup>®</sup> Sprite, regular or diet	0
Instant (8 oz.)	95	Mug Root Beer, regular or diet	0
Decaffeinated (8 oz)	5	Gingerale	0
General Foods International coffee, Café Vienna <sup>®</sup> (8 oz)	90	Fanta	0
Starbucks Coffee Ice Cream (8 oz)	50-60	Barq's Root Beer <sup>®</sup>	23
Starbucks Cappuccino (8 oz)	75	Coca-Cola <sup>®</sup> , classic or diet	35
<b><u>Energy Drinks</u></b>		Diet Coke (also With Lime)	47
Monster Energy (16 oz)	160	Mellow Yellow <sup>®</sup>	53
Full Throttle (16 oz)	144	Tab	47
Spike Shooter (12 oz)	428	Mountain Dew <sup>®</sup> ,	54
No Name (Cocaine) (8.4 oz)	280	Dr. Pepper <sup>®</sup> , regular or diet	41
Red Bull (8.3 oz)	76	Pepsi <sup>®</sup> , regular or diet	36-38
Rockstar (8 oz)	80	RC Cola <sup>®</sup>	36
		Jolt <sup>®</sup>	72
<b><u>Tea</u></b>		<b><u>Chocolate</u></b>	
Tea (8 oz, leaf or bag)	50	Hot Cocoa, Chocolate Milk (8 oz)	5
Arizona Iced Tea <sup>®</sup> (16 oz)	15-30	Hershey's Bar <sup>®</sup> (1.5 oz)	12
Snapple Iced Tea <sup>®</sup> (16 oz)	48	Hershey's Special Dark <sup>®</sup> (1.5 oz)	30
Decaffeinated Tea (8 oz)	Less than 5	Kisses Special Dark (9 pieces)	25
<b><u>Over the counter medications</u></b>			
Anacin <sup>®</sup> (2 tablets)	64 mg	Excedrin <sup>®</sup> (2 tablets)	130 mg
Vanquish <sup>®</sup> (2 tablets)	66 mg	Vivarin <sup>®</sup> (1 tablet)	200 mg
NoDoz <sup>®</sup> (1 tablet, regular strength)	100 mg	Once a Day Energy (1 tablet)	120 mg

Sources: USDA National Nutrient Database for Standard References, 2009; Center for Science in the Public Interest, 2007. [www.kellymom.com](http://www.kellymom.com)