

## Caffeine in Pregnancy

The March of Dimes recommends that women who are pregnant consume no more than 200 mg of caffeine per day. The Organization of Teratology Information Specialists [www.OTISpregnancy.org](http://www.OTISpregnancy.org) states that caffeine has not been shown to cause an increased chance for birth defects. Caffeine crosses the placenta and in large quantities can effect babies in the same way as it does adults.

<b><u>Caffeinated Item:</u></b>	<b><u>Typical Range</u></b>	<b><u>(mg/serving)</u></b>
<b>Coffee</b> (8 fluid ounces)		
Brewed, drip method	85	65-120
Instant	75	60-85
Decaffeinated	3	2-4
Espresso (1 fluid ounce)	40	30-50
<b>Tea</b> (8 fluid ounces)		
Brewed, major US brands	40	20-90
Instant	28	24-31
Iced	25	9-50
<b>Soft drinks</b> (8 fluid ounces)	24	20-40
<b>Cocoa beverages</b> (8 fluid ounces)	6	3-32