

Caffeine During Pregnancy and Breastfeeding: What You Need to Know



Highlights

Caffeine is a drug that comes from the leaves, nuts, or berries of plants. It is commonly found in coffee, tea, chocolate, and some energy drinks. If you are pregnant or breastfeeding, having no more than 200 milligrams (mg) of caffeine a day is considered safe.

Having too much caffeine during pregnancy may increase the risk of pregnancy complications.

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What Is Caffeine?

Caffeine in Foods and Drinks

coffee
tea
chocolate
cola
energy drinks

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Alternatives to Caffeine

plain water with lemon or lime (rinse your mouth afterward to protect tooth enamel)
herbal teas that are caffeine-free
fruit juice or diluted fruit juice
vegetable juice
a glass of milk
unsweetened soft drinks

Caffeine Chart

Tools and Assistance

Use a caffeine tracking app to monitor your daily intake.
Create a drink substitution plan with your care provider to help you stay below the limit.
Print or save a caffeine reference chart on your fridge or phone.
Join support communities or talk to your maternity care team if you need help making changes.