



Why Avoid Soft Drinks In Pregnancy And What To Drink Instead

Potential Side Effects



Too much caffeine from soft drinks may increase blood pressure and cause nervousness and indigestion.

Maternal consumption of artificially sweetened soft drinks may increase the risk of asthma in the baby.



Carbonated beverages can cause heart burns and acid reflux, which in turn may lead to severe nausea and vomiting.

Healthy Alternatives

Orange juice, one that is pasteurized and fortified with calcium.



Caffeine Free



Decaffeinated herbal teas such as rooibos tea and green tea.

Seven eight-ounce glasses of water daily.



References:

1. Caffeine in pregnancy; March Of Dimes
2. Consumption of Artificially-Sweetened Soft Drinks in Pregnancy and Risk of Child Asthma and Allergic Rhinitis; PLOS
3. Gastroesophageal reflux disease (GERD); University of New Hampshire
4. Treatment of heartburn and acid reflux associated with nausea and vomiting during pregnancy; NCBI
5. What Should You Drink During Pregnancy; WFMC Health