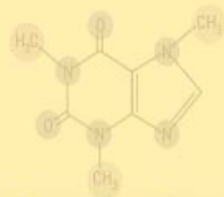




COUNT YOUR CAFFEINE INTAKE

Caffeine content of different common beverages



Tea

Average blend:

43mg/8oz cup



Green:

30mg/8oz cup



Decaffeinated:

2mg/8oz cup

Coffee

Brewed:

135mg/8oz cup



Instant:

106mg/8oz cup



Decaffeinated:

5mg/8oz cup

Caffeine content of other beverages

Soft drinks (cola):

36-50 mg/12oz can



Chocolate milk:

8mg/8oz cup



Pregnancy-safe herbal teas have no caffeine and may help relieve pregnancy discomfort.



Ginger tea



Red raspberry leaf tea



Peppermint leaf tea

References:

- 1 Is caffeine consumption safe during pregnancy?; The College of Family Physicians of Canada
- 2 Caffeine; Harvard T.H Chan School of Public Health
- 3 Herbal Tea and Pregnancy; American Pregnancy Association