



Never consume green tea on an empty stomach

Avoid consuming it alongside meals, wait for at least two hours





Limit your consumption to two cups a day

Avoid drinking it before bedtime or late afternoon





Buy the ones with proper packaging from a reputable brand or seller

Use filtered water when preparing green tea



MomVlunction

Source: https://www.momjunction.com/articles/is-it-safe-to-drink-green-tea-during-

pregnancy_0079274/