

Hydrated

During Pregnancy

Hydrating drinks for expectant mothers

Fruit and vegetable juices

Flavored or infused water



Sparkling water



Smoothies



Milk



Non-alcoholic ginger beer



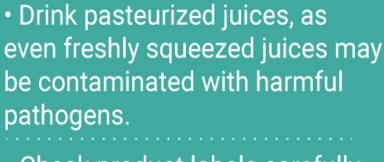




Tips to make beverages pregnancy-safe



 Use pasteurized milk and milk products.





 Check product labels carefully.
Flavored drinks or juices may contain sugar and unwanted additives.



• Consume caffeinated beverages, such as tea (including green tea) and coffee, within limits. Daily caffeine intake should not exceed 200mg.



 Consult your doctor before consuming herbal teas, as their safety is not fully understood.



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