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Caffeine and Pregnancy

Caffeine may have negative side effects during pregnancy and should be limited.

- High levels of caffeine may increase risk of miscarriage or low birth weight babies
- Too much caffeine can lead to dehydration and more frequent trips to the bathroom.
- Caffeine with meals can impact iron and calcium absorption.

We recommend no more than 200mg a day of caffeine.

Product	Serving Size		Milligrams of Caffeine (approximate values)
	oz	ml	
Coffee			
Brewed- dark roast (Starbucks)	8	237(1cup)	190
Brewed- med roast (Starbucks)	8	237	235
Original Roast (Tim Hortons)	8	237	140
Roasted and ground, decaffeinated	8	237	3
Instant	8	237	76 - 106
Espresso (Latte or Cappuccino)	8	237	75
Tea			
Average blend	8	237	43
Green	8	237	30
Matcha Green Tea Powder	Per scoop		15
Chai Tea Latte	8	237	70
Starbucks Refresher	8	237	35-45
Herbal tea*	8	237	Varies
Cola Beverages			
Cola beverage, regular	12	355(1 can)	36 - 46
Cola beverage, diet	12	355	39 - 50
Cocoa Products			
Baking chocolate, unsweetened	1	28g	25 - 58
Others			
Energy Vitamin Water		591 (1 bottle)	50

Not all herbal teas are safe for pregnancy- speak to our dietitian or see our handout about herbals for more information