



Caffeine

The March of Dimes recommends that women who are pregnant consume no more than 200 mg of caffeine per day. This is equivalent to four cups of coffee or four soft drinks per day. The Organization of Teratology Information Specialists www.OTISpregnancy.org states that caffeine has not been shown to cause an increased chance for birth defects. Caffeine crosses the placenta and in large quantities can affect babies in the same way as it does adults.