

Nutrition Facts

CAFFEINE IS THERE A SAFE AMOUNT?

- ⇒ Caffeine is a stimulant found in coffee, tea, cola drinks (Coke and Pepsi), chocolate, and some prescription and over-the counter medications.
- ⇒ Caffeine makes your heart beat faster, makes you restless, makes you pee more, and may upset your stomach and cause headaches. Too much caffeine may keep you up at night.
- ⇒ During pregnancy caffeine passes through the placenta. This means that caffeine has the same effect on the growing baby when a pregnant mom drinks or eats foods with caffeine. Caffeine also passes through breast milk to your baby. This may cause your baby to be very active and have trouble sleeping.
- ⇒ Too much caffeine can cause problems. Health Canada recommends a maximum of **300 mg of caffeine** per day for women of childbearing age, pregnant women and breast feeding mothers. This amount of caffeine is found in **about 2** eight ounce cups of coffee
- ⇒ If you are an **adult** and are **not** of childbearing age, or pregnant, or breastfeeding a moderate intake is safe. Moderate is no more than 400-450 mg of caffeine each day
- ⇒ There is no nutrition in coffee, tea, chocolate, or cola drinks. Choose milk, juice, or water instead of having foods or drinks that have caffeine in them.

This chart shows the amount of caffeine in different foods and drinks.

Source	Milligrams of Caffeine (mg)	Source	Milligrams of Caffeine (mg)
Coffee (237 ml or 8 oz) <ul style="list-style-type: none"> ▪ Brewed ▪ Roasted & ground, percolated ▪ Roasted & ground, filter drip ▪ Roasted & ground, decaffeinated ▪ Instant ▪ Instant decaffeinated 	135 118 179 3 76-106 5	COCOA PRODUCTS <ul style="list-style-type: none"> ▪ Chocolate milk 237ml or 8oz ▪ 1 envelope hot cocoa mix ▪ Candy, milk chocolate, 28 g or 1 oz ▪ Candy, sweet chocolate, 28 g or 1 oz ▪ Baking Chocolate, unsweetened, 28 g or 1 oz ▪ Chocolate cake, 80 g or 2.8 oz ▪ Chocolate brownies, 42 g or 1.5 oz ▪ Chocolate mousse, 90 g or 3 oz ▪ Chocolate pudding, 145g or 5 oz 	8 5 7 19 25-58 6 10 15 9
TEA (237 ml or 8 oz) <ul style="list-style-type: none"> ▪ Average blend ▪ Green ▪ Instant ▪ Leaf or bag ▪ Decaffeinated tea 	43 30 15 50 0	COLA DRINKS (355 ml or 12 oz or 1 can) <ul style="list-style-type: none"> ▪ Cola beverage, regular ▪ Cola beverage, diet 	36-46 39-50

References: Caffeine: Health Canada. Fact Sheet Caffeine and Your Health. March 2003.

Herbal Teas during Pregnancy & Breastfeeding

At this time, the list of "safe" herbal teas for pregnancy is very short. Most herbs have not been studied during pregnancy to prove they are completely harmless. The composition and preparation of herbal products vary. This makes it difficult to assess their safety. So far, Health Canada lists the following herbal teas to be generally safe if taken in moderation (2-3 cups per day).

Examples of safe herbal teas include:

Citrus Peel	Ginger
Lemon Balm	Rosehip
Orange Peel	Linden Flower (not recommended for people with a cardiac condition)

If you choose herbal teas:

- Brew a weak tea and use in moderation – up to 2-3 cups per day.
- Choose different herbal teas. Don't drink the same one every day.
- Herbal teas should not replace nutritious beverages like milk or juice, which supply important nutrients needed by the mother and baby.

If you are unsure of the safety of a particular herbal tea, contact Health Connection (519) 663-5317 extension 2280, or talk to your health care provider or pharmacist.

Aspartame

Aspartame is an artificial sweetener approved for use in Canada in tabletop sweeteners, ready-to-eat cereals, beverages, desserts, toppings, fillings, chewing gum, and breath fresheners. Aspartame is made from two amino acids, phenylalanine and aspartic acid.

It is safe to consume moderate amounts of aspartame during your pregnancy. The acceptable daily intake of 40 milligrams of aspartame per kilogram of your body weight is equivalent to a person weighing 60-kg (132 lbs.) drinking approximately sixteen 355-ml (10 oz.) cans of diet pop per day. Consuming less aspartame than the acceptable daily intake is not a health hazard during pregnancy and breastfeeding.

However, you should not eat a lot of foods containing aspartame during your pregnancy because they could be replacing other nutritious foods. Pregnancy is a time to gain weight to build a healthy baby, not to restrict your caloric intake.

Pregnant or nursing women who have a metabolic disorder called phenylketonuria (PKU) should NOT use aspartame.

For more information about a healthy pregnancy, contact Health Connection, Middlesex-London Health Unit (519) 663-5317 ext. 2280.

Adapted from information from Ottawa-Carleton Health Department,

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