

# Caffeine in pregnancy?

Caffeine is a stimulant which can be mildly addictive. It is safe to use in pregnancy, but in small amounts. High levels of caffeine during pregnancy increase the risk of having a low birth weight baby.

Caffeine can be found naturally in

- food such as chocolate and cocoa,
- drinks including coffee, tea, drinking chocolate, soft drinks and energy drinks,
- some medicines (please consult your pharmacist).

**Pregnant women should consume no more than 200mg caffeine per day**



**How much caffeine is in my food and drink??**



**Milk chocolate**  
11mg per 53g bar

**70-84% dark chocolate**  
42mg per 53g bar



**Drinking chocolate made with milk**  
4mg per 200mL/cup



**Black, breakfast tea**  
25-45mg\* per 200mL/cup



**Chun Mee Green, Jasmine Green & Earl Grey Tea**  
65mg\* per 200mL/cup



**Berry fruit, white, chamomile, peppermint, rooibos, ginger zest, lemon or any decaffeinated tea**  
0mg per cup



**Instant coffee**  
53-78mg\* per 200mL/cup



**Frank and Honest self service unit**  
180mg per cup



**Costa any size, signature blend espresso based**  
200mg per cup

**Single espresso**  
100mg per cup

**Single ristretto** 90mg per cup



**Costa brewed coffee based on size**  
Primo 192mg  
Medio 256mg  
Massimo 320mg



**Insomnia any size, espresso based**  
150mg per cup

**Single espresso**  
75mg per cup



**MONSTER energy drink**  
160mg per can



**Redbull energy drink**  
80mg per can



**Pepsi** 38mg  
**Diet Pepsi** 35mg  
**Pepsi Max** 69mg

1 can of cola



**Coca cola** 32mg  
**Diet coke** 42mg  
**Coke Zero** 32mg

**Most other soft drinks**

0mg but check the label



**Snapple Tea**  
up to 37mg per bottle

\*depends on brewing time. Information collected from Insomnia, Costa coffee, Frank and Honest & Barry's Tea customer service correspondences as well as respective drink company websites and nutritics.ie. Caffeine content from other suppliers may vary. Correct as of April 10th 2019. Review date 4/2022