Caffeine and Breast Feeding

Caffeine can enter the breast milk of nursing mothers. According to the American Academy of Pediatrics, "Caffeine tends to build up in babies' systems because their bodies cannot get rid of it very easily. A morning cup of coffee is not likely to harm your baby, but too much caffeine can cause problems such as poor sleeping, nervousness, irritability, and poor feeding. Try using decaffeinated coffee and tea and avoid colas and other carbonated drinks that have added caffeine. Women should remain well hydrated with water, juice and milk while breastfeeding."

Caffeine Levels in Foods and Drinks

Levels of caffeine typically found in drinks and foods are listed in the following table.

Item	Milligrams of Caffeine	
	Average	Range
Coffee (5-oz. cup)		
Brewed, drip method	115	60-180
Brewed, percolator	80	40-170
Instant	65	30-120
Decaffeinated, brewed	3	2-5
Decaffeinated, instant	2	1-5
Teas (5-oz. cup)		
Brewed, major U.S. brands	40	20-90
Brewed, imported brands	60	25-110
Instant	30	25-50
Iced (12-oz. glass)	70	67-76
Cocoa beverage (5 oz.)	4	2-20
Chocolate milk beverage (8 oz.)	5	2-7
Milk chocolate (1 oz.)	6	1-15
Dark chocolate, semi-sweet (1 oz.)	20	5-35
Baker's chocolate (1 oz.)	26	26
Chocolate-flavored syrup (1 oz.)	4	4

SODAS **(12-ounce beverage)**	**milligrams**
Red Bull (8.2 oz)	80.0
Jolt	71.2
Pepsi One	55.5
Mountain Dew	55.0
Mountain Dew Code Red	55.0
Diet Mountain Dew	55.0
Surge	51.0
Tab	46.8
Diet Coke	45.6
RC Cola / Diet RC	43.0
Dr. Pepper / Diet Dr. Pepper	41.0
Diet Sunkist Orange	41.0
Sunkist Orange	40.0
Ruby Red	39.0
Big Red	38.0
Pepsi-Cola / Pepsi Twist	37.5
Diet Pepsi / Diet Pepsi Twist	36.0
Coca-Cola Classic / Cherry Coke / Diet Cherry Coke / Lemon Coke / Vanilla Coke	34.0
Snapple Flavored Teas (Reg. or Diet)	31.5
Canada Dry Cola	30.0
A&W Creme Soda	29.0
Nestea Sweet Iced Tea	26.5
Nestea Unsweetened Iced Tea	26.0
Snapple Sweet Tea	12.0
Lipton Brisk, All Varieties	9
Canada Dry Diet Cola	1.2
Sprite/ 7-Up / Minute Maid / Slice / Sierra Mist / A&W Root Beer	0

Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

Accuracy of the content is current to the date of printing.

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Caffeine & You

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Caffeine & You !!




There have been numerous studies which have examined the effects of caffeine intake on fertility and pregnancy. Most of these studies found that moderate caffeine intake does not affect fertility or increase the chance of having a miscarriage or a baby with birth defects. Most authority groups agree that low caffeine intake (<150 mg/day or 1-½ cups of coffee) will not likely increase a woman's chance of having a miscarriage or a low birth weight baby. They recommend that caffeine intake by pregnant women not exceed 150 mg/day. In addition, moderate caffeine intake of 300 mg/day (equivalent to about 3 cups of coffee) does not seem to reduce fertility in women or increase the chances of having a child with birth defects or other problems.

Caffeine can enter breast milk, and high amounts can cause the baby to become wakeful and agitated. The American Academy of Pediatrics recommends that nursing women limit caffeine intake, but states that no harm is likely to occur in a nursing child whose mother drinks one cup of coffee a day. It is therefore recommended that pregnant and nursing women drink plenty of water, milk, and juice and not substitute those fluids with caffeinated beverages.

Caffeine and Fertility

Numerous studies have been conducted to determine the effects of caffeine intake on fertility in women. The International Food Information Council (IFIC) has described and made the following conclusions:

- Larger, well-designed studies have failed to support that caffeine, equivalent to 1-to 2-cups of coffee daily decrease female fertility.
- Researchers at the Centers for Disease Control and Prevention and Harvard University examined the association between the length of time to conceive and consumption of caffeinated beverages. The study involved more than 2,800 women who had recently given birth and 1,800 women with the medical diagnosis of primary infertility. Each group was interviewed concerning caffeine consumption, medical history and lifestyle habits. The researchers found that caffeine consumption had little or no effect on the reported time to conceive in those women who had given birth. Caffeine consumption also was not a risk factor for infertility.
- A study of 11,000 Danish women examined the relationship among number of months to conceive, cigarette smoking and coffee and tea consumption. Although smokers who consumed eight or more cups of coffee per day experienced delayed conception, non-smokers did not, regardless of caffeine consumption.

Caffeine and Pregnancy

The March of Dimes notes that during pregnancy, caffeine easily passes from the mother to her unborn child through the placenta. Because the systems for breaking down and eliminating chemicals are not fully developed in the unborn child, blood levels of caffeine may remain elevated for longer periods in the unborn child compared to the mother. Some reports have stated that children born to mothers who consumed >500mg/day were more likely to have faster heart rates, tremors, increased breathing rate, and spend more time awake in the days following birth.

The effects of caffeine intake on miscarriages, birth defects, and low birth weight have been studied, and different results were obtained in the various studies. The International Food Information Council (IFIC) has described and made the following conclusions;

- The National Institute of Child Health and Human Development conducted a study of 431 women. The researchers monitored the women and the amount of caffeine they consumed from conception to birth. After accounting for nausea, smoking, alcohol use and maternal age, the researchers found no relationship between caffeine consumption of up to 300 mg per day and adverse pregnancy outcomes, including miscarriage.
- Others analyzed the effects of cigarettes, alcohol and coffee consumption on pregnancy outcome in more than 40,000 Canadian women. Although alcohol consumption and smoking tended to have adverse effects on pregnancy outcome, moderate caffeine consumption was not associated with low birth weight or miscarriages.
- A seven-year study of 1,500 women examined caffeine use during pregnancy and subsequent child development. Caffeine consumption, equivalent to about 1 1/2 - 2 cups of coffee per day had no effect on birth weight, birth length or head circumference. Follow-up examinations at ages eight months, four and seven years also revealed no effects of caffeine consumption on a child's motor development or intelligence.

Therefore, to summarize, researchers are in agreement that high caffeine intake (>300 mg/day, equivalent to more than 3 cups of coffee/day) should be avoided during pregnancy. There is also general agreement that low caffeine intake (<150 mg/day, about 1-½ cups of coffee) during pregnancy is not likely to harm the unborn child. However, moderate caffeine intake is still being clarified.