

# A healthy lifestyle during pregnancy

Keep your caffeine intake below 200mg

## The caffeine content of drinks and chocolate is:

1 shot of espresso coffee		140mg
1 mug of filter coffee		140mg
1 mug of instant coffee		100mg
1 cup of brewed coffee		100mg
1 mug of tea		75mg
1 cup of tea		50mg
1 cup/mug decaffeinated tea or coffee		about 10mg
1 can of cola		up to 40mg
1 can of energy drink		up to 80mg
50g bar of plain chocolate		up to 25mg
50g bar of milk chocolate		up to 10mg

Certain cold and flu remedies also contain caffeine.