

## h. Caffeine

### MODULE 1

Many people take caffeine without knowing it. Did you know that there is caffeine in coffee, tea, colas, chocolate, and many medicines?



Example of caffeine

Nobody really knows the effects of caffeine on the fetus. We do know that caffeine is a stimulant and it makes people nervous. It is a good idea to reduce the quantity of caffeine.

To what level should you reduce the amount of caffeine? The following suggestions will help you remain within the acceptable limits:

- Drink no more than one or two cups of coffee or tea daily.
- Read the labels on foods, beverages and medicines.
- Select the products with less caffeine.