



Instead of an energy drink, try these suggestions to increase your energy during pregnancy:

- Drink a glass of water. Sometimes slight dehydration can lead to tiredness.
- Eat a small healthful snack – such as a carton of yogurt or a piece of fruit.
- Take a nap. Take your cues from your body – a short rest is refreshing.
- Go for a walk. By getting up and moving, you may find you feel energized!

Check with your healthcare provider for other tips. And remember to take your prenatal vitamins as directed!

Energy Drinks and Vitamin Water Products



What Your Baby Wants You to Know

Maybe you've noticed you are more tired now that you're pregnant.

Before your pregnancy, you would reach for a canned energy drink when you needed a boost.

But now that you are expecting, is that choice the right one for you AND your baby?

Sources: Ward, EM (2009): Caffeine. In American Dietetic Association's *Expect the best: Your guide to healthy eating before, during and after pregnancy*. Hoboken, NJ: John Wiley & Sons.

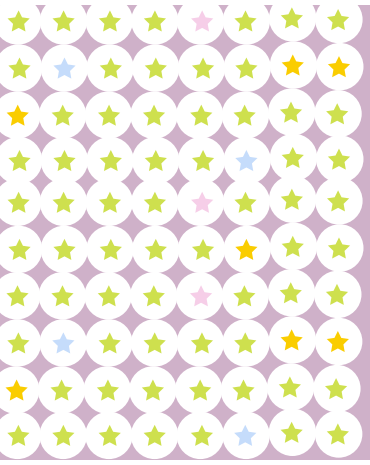
SANDY PROCTER, Ph.D., RD, LD
Kansas Coordinator, Expanded Food and Nutrition Education Program
785.532.1675



Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.

K-State Research and Extension is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Fred A. Cholick, Director.



Higher caffeine consumption can increase the risk of miscarriage, low birth weight and other problems.



In most energy drinks, it's caffeine that provides the extra buzz we seek. Caffeine is a stimulant that slightly increases blood pressure and heart rate. It can cross the placenta, so it can increase baby's heart rate and breathing patterns, too. Most experts agree that small amounts (85 to 95 mg., about the amount in one 8-ounce cup of coffee) of caffeine a day seem safe during pregnancy, but more caffeine may be unsafe. Higher caffeine consumption can increase the risk of miscarriage, low birth weight and other problems.

Energy drinks have additional ingredients that are not recommended during pregnancy.

- Some of the additives, such as taurine, carnitine, inositol, ginkgo and milk thistle have not been studied for their safety during pregnancy. Do you want your baby to test the safety of these ingredients?
- Ginseng has been shown to be harmful to fetuses in animal studies, and should not be used during pregnancy.
- The sugar content of energy drinks adds extra, empty calories to your diet.
- Vitamins in these drinks are added at levels much higher than recommended levels during pregnancy.