

## References:

**Finally**

Always try to make the best choice in fluids for you and your baby. Stay hydrated and avoid excess amounts of soda, artificial sweeteners, juices, and caffeine to help ensure a better pregnancy outcome and a healthier you. If you use artificial sweeteners and are pregnant, it is always best to talk with your care provider about which sweetener to choose and how much to consume.



Adapted from americanpregnancy.org (2007). *Using artificial sweetener during pregnancy*. Retrieved December 3, 2012 from <http://www.americanpregnancy.org/pregnancyhealth/artificialsweetner.htm>

Adapted from healthed.govt.nz (2011). *Eating for healthy pregnant women*. Retrieved 12/12/12 from <https://www.healthed.govt.nz/resource/eating-healthy-pregnant-womenng%C4%81-kai-totika-m%C4%81-te-wahine-hap%C5%AB>

Adapted from livestrong.com Martinez, E. (2011). *What kind of juice should you drink during pregnancy?* Retrieved 12/12/12 from <http://www.livestrong.com/article/449680-what-kind-of-juice-should-you-drink-during-pregnancy/#ixzz2Au1NxCjg>



## Drinks, Soft-Drinks, & Juices During Pregnancy

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# Drinks, Soft-Drinks, & Juices

## Fluids

Your fluid intake needs increase when you become pregnant. You should aim to get at least 64 ounces each day. Fluids during pregnancy can help prevent constipation, hemorrhoids, and swelling. Adequate fluid intake is especially important during your third trimester because dehydration can lead to contractions and preterm labor. Extra fluid may also be needed during hot weather, after activity, or if you are vomiting, or constipated.



## What drinks are good or bad during pregnancy?

- Water is one of the best choices and reduced or low-fat or non-fat milk.
- Limit your intake of drinks that are high in salt
- Limit soft drinks, flavored waters, fruit drinks, and diet drinks, because these are low in nutrients and may be high in sugar.
- Be cautious about drinking herbal teas. For more information or a list of safe/non-safe herbs to use during pregnancy visit:
  - [www.americanpregnancy.org/pregnancyhealth/herbaltea.html](http://www.americanpregnancy.org/pregnancyhealth/herbaltea.html)
  - [www.fitpregnancy.com/nutrition-recipes/prenatal-nutrition/tea-two](http://www.fitpregnancy.com/nutrition-recipes/prenatal-nutrition/tea-two)
- Avoid drinking tea with meals. The tannins in tea mean you will not absorb the iron in the meal as well as you could.
- Energy drinks and energy shots are not recommended for pregnant women

## Soft-Drinks, Caffeine, and Artificial Sweeteners During Pregnancy

Caffeine consumption may affect your baby's growth during pregnancy. Limit your consumption of caffeinated drinks while pregnant (<200mg caffeine/day). Caffeine is naturally occurring in tea, coffee, chocolate, and in many cola-type drinks. Diet sodas often contain both caffeine and an artificial sweetener. There are several types of artificial sweeteners you may see on nutrition labels:

**Aspartame (NutraSweet or Equal):** According to the Food and Drug Administration (FDA), aspartame is safe for use during pregnancy and lactation. It is recommended to limit consumption to a moderate level. Aspartame should not be used by pregnant women who have high levels of phenylalanine in their blood.

**Saccharin (Sweet'n Low):** Studies show that saccharin crosses the placenta and may remain in fetal tissue, so its use for pregnant women still remains in question.

**Rebaudioside A (Stevia):** The FDA deems Stevia as safe during pregnancy

**Sucralose (Splenda):** According to the Food and Drug Administration (FDA), sucralose is safe for everyone to consume, including pregnant women.



## Juices During Pregnancy

Unlike water, fruit juice contains calories. You should not drink large amounts of it or you risk gaining too much weight. If you don't like plain water, try mixing half juice and half water to control your calorie intake. Juice that is not 100 percent fruit may contain too much sugar, which can increase your risk of developing gestational diabetes. Avoid any juices that are unpasteurized because they could harbor listeriosis or toxoplasmosis, both of which can cause neurological damage to your developing baby. Also, keep in mind that juices reduce the amount of fiber you get, so be sure to supplement with whole fruits as much as possible.

**\*If you do choose juice or dried fruit, have no more than one serving per day.**