**Can You Drink Coffee While Pregnant**

Pregnant women are usually aware of diet dos and don’ts when they are pregnant. Though when we talk about beverages or drinks, they typically don’t have much knowledge. Some drinks that are considered healthy have unfavorable side effects during pregnancy. It is one of the demanding beverages all over the world as most people drink coffee to start their day. People around the globe consume 2/3 cups of a coffee daily basis. It contains caffeine which is a stimulant or drug which is associated with sleep. It affects the brain in many ways, like its direct effect is related to our energy levels. We immediately gain an energy boost after drinking coffee. This boost gives you an ability to perform better and also a stronger ability to focus on your task.

**Caffeine is everywhere**

The caffeine found in coffee is the widely used substance on the planet. Some people enjoy the taste while others drink coffee because of its stimulant effect. It has many health benefits that have been brought to light within the last ten years. It has been proven that coffee improves your memory. It also helps you to lose weight if you consume a combination of caffeine with carbs. Also, it can relieve the workout pains by 48%. It has been said through many types of researches that pregnancy and coffee are not a wonderful combination. It has also been noticed through various incidents that the unfavorable effects of caffeine on those women who are pregnant are found that it increases the greater risk of miscarriage and stillbirth. It is measured that normally 200mgs of coffee every day is measured a perfect amount of quantity. Most of the specialist suggests that consuming coffee is very good for you and your kid if you only reduce to some level. If you are taking about 200 mg, then it is the same as about one cup of coffee. But most women consume more than one cup of coffee per day, so it is not very simple. It must be done with somewhat of support and determination.

**Decaffeinated coffee is a better choice when you are pregnant**

Fortunately, there are different decaffeinated coffees available in the market, which tastes as good as caffeine contained coffees. You must remember that these decafs still include caffeine in it, but the quantity is very less. As we know that caffeine is kind of a drug, then there will be some side effects that will occur if you decide to not at all drink coffee at the time of pregnancy. Few people complain that if we don’t drink coffee at all, then we get headaches, irritability, and fatigue. Luckily, these side effects do not last for many days and can be reduced back by consuming coffee again slowly and gradually. You should start taking decaffeinated coffee in your daily routine, and also growing its amount will help you to get rid of such side effects. Within no time, you will see negligible withdrawal issues. While it has been observed that coffee and pregnancy do not go well together. Still, you can search an alternate to restrain to that level, which is alright and safest to your kid. It would help if you decreased the level of caffeine, very likely you will be surprised to see how much fresh you feel when you get rid of or decrease the amount of caffeine you take. Consumption of caffeine is highly harmful to your unborn.

**Strictly monitor your caffeine intake**

Self-restriction is necessary when it comes to consuming coffee and caffeine. We can take the example of alcohol consumption as we all know that drinking alcohol is very dangerous for an unborn baby, but still, some people take it while they are pregnant. This high-risk act many times, gives baby inclination to alcoholism. This means that a child will be very much responsive and addicted to alcohol. Unchecked caffeine consumption has dangerous and harmful effects on newborn babies; however, taking 200 mg or less caffeine per day will minimize the risk factors. Don’t forget to count caffeine in other beverages such as green tea, cola, energy drinks, and chocolates. It would be best if you were careful when you go out to your favorite coffee shop as they likely to serve much stronger coffee than those which you prepare at home. The amount of caffeine, which is included in espressos, such as cappuccinos, flat whites, and lattes, depends on the outlets you choose. The study defines us that caffeine levels varied from 50 mg per espresso at one outlet to as much as 300 mg per espresso at any other. So it is much better to prepare your coffee at home and try to take instant coffee as it is slightly lower in caffeine.