

DRINKING TEA DURING PREGNANCY



Safe Teas In Pregnancy

- Ginger tea
- Lemon balm tea
- Spearmint and peppermint teas
- Raspberry leaf tea
- Dandelion leaf tea
- Rooibos tea



Unsafe Teas In Pregnancy

- Black teas
- Green or matcha teas
- Oolong
- Lichee
- Hong mao
- Lapsang souchong
- Nilgiri tea
- Golden monkey black
- Quinshola clonal



Benefits Of Tea In Pregnancy

- Reduce morning sickness
- Fight anxiety
- Ease joint inflammation
- Reduce fluid retention
- Alleviate acid reflux

