

NUTRITIOUS DRINKS

To Keep You

Hydrated

During Pregnancy

Hydrating drinks for expectant mothers

Fruit and vegetable juices



Flavored or infused water



Sparkling water



Smoothies



Milk



Non-alcoholic ginger beer



Soups



Tips to make beverages pregnancy-safe



- Use pasteurized milk and milk products.



- Drink pasteurized juices, as even freshly squeezed juices may be contaminated with harmful pathogens.



- Check product labels carefully. Flavored drinks or juices may contain sugar and unwanted additives.



- Consume caffeinated beverages, such as tea (including green tea) and coffee, within limits. Daily caffeine intake should not exceed 200mg.



- Consult your doctor before consuming herbal teas, as their safety is not fully understood.

Mom Junction

Source: https://www.momjunction.com/articles/how-much-water-should-i-drink-while-pregnant_001049865/