

# How To Consume Green Tea Safely While Nursing



Choose and buy plain green tea without added ingredients.

If buying bottled green tea, ensure it has no artificial additives.



Don't drink green tea with meals; allow a gap of at least three hours.

Check the Decaf green tea for residual caffeine content and consume it accordingly.



Monitor total caffeine intake from all sources, including green tea, to not exceed the permissible limits.

Avoid taking green tea pills and capsulated green tea extracts to prevent accidental caffeine overconsumption.

