

# Summer

## Beverage Roadmap

### Water

Great for hydration!  
Helps form the placenta & amniotic sac surrounding baby and decreases birth defects.

Try flavoring it with lemonade or mixing sparkling water with your favorite juice.

**Great!**



**Good**

### Juice & Smoothies

Provide vitamins & minerals  
Enjoy any time of the day  
Fulfill snack or sweet tooth cravings

### Coffee

200-300mg caffeine per day may be ok.  
Check caffeine content for teas, chocolate, coffee flavored foods & beverages

**Limit or Avoid**

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### Tea

Herbal Teas only in moderation (2-3 cups per day)  
Avoid chamomile, aloe & ginseng teas.  
Check caffeine content for black, earl grey, green, & iced teas.

