

Soundbite Script – How much is too much?

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“That is about 12 ounces of coffee a day. So that would be larger amounts of tea, and tea doesn't have as much caffeine. There is some caffeine in chocolate but that's a negligible amount, typically. But that's way less than what's found in energy drinks and things.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“Obviously genetics is going to be the biggest one as to the height of the child. But also, there have been studies before that show that nutrition during pregnancy is going to change the height of the child as well.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“It seems like just people are more aware of what they're putting into their bodies when they're pregnant. So they think a little bit more about ‘oh, do I really need this extra cup of coffee today?’ So I don't know that there's necessarily a decrease in a craving because I think if people are used to drinking that caffeine, they like it. Also, it's harder to sleep when you're pregnant. So people sometimes want that extra caffeine because it makes a little bit easier to get through their normal day. But I think people do think about it a little bit more before they ingest anything whether that's food or drink or whatever during pregnancy.”

Dr. Jamie Plett, OB/GYN, OSF HealthCare

“I think some of it is taking this a little with a grain of salt. Knowing that there is still data pending, but knowing that this is a possibility, and all findings in science have to start somewhere. So this may be something just to keep an eye on in the future. Maybe think about that cup of coffee every morning, maybe have one every other day or a couple times a week instead. But I also have found that almost naturally people decrease their caffeine intake in pregnancy. The most common cause I've found in headaches early in pregnancy is caffeine withdrawal; they're so used to having that first cup of coffee and if they don't have it anymore, it's pretty common to have those headaches.”