

Caffeine

Caffeine does appear to lower a woman's chance of conceiving, even if she doesn't drink or eat large quantities of the stimulant. (But it may actually help men's fertility by stimulating sperm motility.)

A recent study found that taking in more than moderate amounts of caffeine (the equivalent of three cups of coffee a day, about 300 milligrams) can lower a woman's likelihood of conceiving by as much as 27% compared to non-coffee drinkers. Even modest consumption appears to hinder conception: Women who drink only one to two cups daily lowered their chances of conceiving by 10%. Researchers don't really know why or how caffeine is related to delayed conception or infertility. One theory suggests that the stimulant affects ovulation by causing changes in hormone levels, which in turn hampers conception. If you've been trying to get pregnant for several months without success, try limiting your total intake of caffeine in coffee, tea, cola, and cocoa, especially if you regularly take in more than 300 mg a day. Or better still, give up caffeine entirely. And once you kick the habit, you may choose to avoid caffeine during pregnancy as well.

How much caffeine is in my favourite foods and drinks? Caffeine is a common ingredient in food, so getting a big dose is easier than you might think. This chart highlights just a few foods and drinks that contain the stimulant.

Item	Amount	Caffeine
Fine coffee	227 g / 8 oz	175 mg
Brewed coffee	142 g / 5 oz	105 to 115 mg
Espresso	single	100 mg
Cappuccino	single	100 mg
Instant coffee	170 g / 6 oz	57 mg
Decaffeinated coffee	142 g / 5 oz	5 mg
Tea	170 g / 6 oz	20 to 110 mg
Iced tea	340 g / 12 oz	70 mg
Instant tea	198 g / 7 oz	30 mg
Cola	1 340-g / 12-oz can	30 to 56 mg
Diet cola	1 340-g / 12-oz can	38 to 45 mg
Sprite and 7-Up	1 340-g / 12-oz can	0 mg
Chocolate	57 g / 2 oz	10 to 50 mg