

# HEARTBEATS

Maternal Health Newsletter

from your local Integrated Research-Practice Partnership



## Caffeine and Pregnancy

**What is caffeine?** Caffeine is a stimulant found in coffee, tea, chocolate, soft drinks, energy drinks, kola nuts, and some over-the-counter medications.

**How much caffeine is recommended for pregnant women?** The World Health Organization (WHO) recommends that pregnant women consume less than 300 mg of caffeine per day, and the American College of Obstetricians and Gynecologists (ACOG) recommends that pregnant women consume less than 200 mg of caffeine per day. This is approximately one 12-ounce cup of coffee.

**Why should I limit my caffeine?** Caffeine clearance from the blood is slow during pregnancy, and some research suggests that caffeine intake may be linked to miscarriage and low birth rate.

**How can I tell if a food or beverage has caffeine?** Check the ingredient list on the nutrition label. Some foods will even list the amount of caffeine in the upper part of the nutrition label under a category named "energy blend." See two examples to the right, or click on the heart below to access a caffeine chart on the Center for Science in the Public Interest website:

<https://cspinet.org/eating-healthy/ingredients-of-concern/caffeine-chart> ♥

Always consult with your health care provider about your nutrition needs during pregnancy and beyond. This article does not constitute medical advice.

The American College of Obstetricians and Gynecologists. Nutrition During Pregnancy: Frequently Asked Questions.

[https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy?](https://www.acog.org/Patients/FAQs/Nutrition-During-Pregnancy?IsMobileSet=false)  
IsMobileSet=false

World Health Organization. Restricting Caffeine Intake During Pregnancy.  
<https://www.who.int/elena/titles/caffeine-pregnancy/en/>

Supplement Facts		
Serving Size 8.0 fl.oz. (240 mL)		
Servings Per Container: 2		
Amount Per Serving	% Daily Value	
<b>Calories</b>	<b>100</b>	
<b>Total Carb</b>	<b>27g</b>	<b>9%*</b>
Sugars	27g	†
Riboflavin Vit B2	1.7mg	100%
Niacin Vit B3	20mg	100%
Vitamin B6	2mg	100%
Vitamin B12	6mcg	100%
Sodium	180mg	8%
Taurine	1000mg	†
Panax Ginseng	200mg	†
Energy Blend	2500mg	†
L-Carnitine, Glucose, Caffeine, Guarana, Inositol, Glucuronolactone, Maltodextrin		
*Percent Daily Values are based on a 2000 calorie diet. † Daily Value not established.		



# Caffeine Quiz

## WHAT'S AN IRPP?

An Integrated Research-Practice Partnership (IRPP) is a collaboration of researchers, health care providers, wellness experts, and community members. Our group is a bridge between research and local women. We aim to connect women with the support and resources they need during pregnancy and beyond. Our vision is to simultaneously impact lives, strengthen community, and advance science.

1. **How much caffeine is in a Venti Starbucks Blonde Roast coffee (20 oz)?**  
A. 475 mg B. 375 mg C. 275 mg D. 175 mg
2. **True or False? Chai tea is decaffeinated.**
3. **Rank the following from most to least caffeine.**  
A. 9 Hershey's Kisses.  
B. 1 square (17g) of Ghirardelli's 72% dark chocolate.  
C. 4 oz of Haagen-Dazs Coffee Ice Cream.
4. **Rank the following from most to least caffeine.**  
A. Mountain Dew 20 oz (diet or regular).  
B. Pepsi Zero Sugar 20 oz.  
C. Lipton Lemon Iced Tea 20 oz.  
D. Dr, Pepper 20 oz. (diet or regular).
5. **How much caffeine is in 1 can (12 oz) of Red Bull Energy Drink?**  
A. 61 mg B. 111 mg C. 161 mg D. 211 mg



### ANSWERS:

1. A.
2. False (Starbucks Grande Chai has 91 mg).
3. Ice Cream (29 mg), Ghirardelli's (22 mg), 9 Kisses (9 mg).
4. Pepsi Zero (115 mg), Mountain Dew (91 mg), Dr. Pepper (68 mg), Lipton Tea (25 mg)
5. B.

## Community Member Profile: Amy Bailey

1. **Nickname:** LuLu---by my dad.
2. **Family:** I have an older sister and younger brother. I live with my boyfriend/best friend Matthew, and we have one little "Heinz 57" dog Jazzy and one cat Willow. And I am 25 weeks preggos.
3. **Job/position:** Clinic Liaison for Internal Medicine.
4. **How do you like to start your day?** Usually wake up cuddled next to my pets and then it's off to eat breakfast, find clothes, and begin the day.
5. **How do you like to end your day?** Usually after dinner, relax with Matthew and watch a show or movie on Netflix.
6. **What's on your playlist right now?** Currently as of this morning...it is JJ Cale Radio on Pandora but I love the Blues, Reggae and yes...I still like the Grateful Dead.
7. **If you were on a deserted island and could have only five foods for the foreseeable future, what would you choose?** If I were on deserted island I would want pineapple, chicken, rice, black beans and....gummy bears.
8. **If you could time travel to any time/place, where would you go?** Ancient Egypt, to finally solve the mystery of the pyramids and see what their culture was truly like.
9. **What's your motto or one of your favorite quotes?** My motto when I'm down is always "This too shall pass" and of my favorite quotes is **"Nobody has measured, even the poets, how much a heart can hold."-Zelda Fitzgerald**
10. **What book, article, podcast, movie, etc., got you thinking/feeling recently?** Movie called *Given*, about a nomadic family that was showing their two young children the world and the beauty of life and to stay true to your dreams and yourself.
11. **What is your greatest hardship or challenge in pregnancy?** Greatest challenge in pregnancy has been worrying about being a good parent, oh and of course, dealing with carpal tunnel and swollen feet.
12. **What have you learned through pregnancy?** That your body IS changing and to accept the change and it's not about "me" anymore and that I have this other person depending on me to take care of myself in order to take care of her.
13. **Which living person do you most admire?** I admire my mother, she taught me what true compassion is and that love truly never fails.
14. **What is the quality you value most in other people?** I value honesty and integrity, I respect when you say you will do what you're going to do.
15. **What do you consider your greatest achievement?** I don't believe I've achieved that. I hope that my greatest achievement will be raising and guiding a smart and strong woman.
16. **What's your idea of perfect happiness?** Being at peace with yourself and where you are in your life. Life shouldn't be a comparison game....everyone follows their own path at their own pace.



# Community Events

Click on the heart to link directly to the appropriate website.

Feb. 15-17: Jurassic Quest

Berglund Center

<https://www.jurassicquest.com/events/roanoke-va>



Feb. 15-16: Hey Ho Pinocchio

Attic Productions, Youth Ensemble

<https://www.atticproductions.info/>



Feb. 16: Salem Montessori Love Run

1 mile or 5k

<https://runsignup.com/Race/VA/Salem/SMSLoveRun>



Feb. 17: Roanoke Mini Maker Faire

Science Museum of Western Virginia

<https://roanoke.makerfaire.com/>



Feb. 21: Night Howls at Mill Mountain Zoo

5:30-7:00 pm, \$12 children/\$15 adults

<http://www.mmzoo.org/experiences/events/>



Feb. 21: Fire EMS Child Safety Seat Check

1333 Jamison Ave, Roanoke Station #6

4 pm-6 pm

540-853-5785

Feb. 21: Free Autism & ADHD Workshop

Free

Register here: [https://www.eventbrite.com/e/free-autism-adhd-sensory-workshop-tickets-55079261554?](https://www.eventbrite.com/e/free-autism-adhd-sensory-workshop-tickets-55079261554?aff=ebdssbdestsearch)

[aff=ebdssbdestsearch](https://www.eventbrite.com/e/free-autism-adhd-sensory-workshop-tickets-55079261554?aff=ebdssbdestsearch)



Feb. 26: Breast Anatomy Lunch & Learn

12-1 pm at Carilion Clinic, 102 Highland Ave.

Registration Required:

[http://www.cvent.com/events/breast-anatomy-lunch-learn/event-summary-](http://www.cvent.com/events/breast-anatomy-lunch-learn/event-summary-12c7d4e104f146a5a1641d0af24eb058.aspx?dvce=1)

[12c7d4e104f146a5a1641d0af24eb058.aspx?dvce=1](http://www.cvent.com/events/breast-anatomy-lunch-learn/event-summary-12c7d4e104f146a5a1641d0af24eb058.aspx?dvce=1)



Have an event you'd like to share? Email Abby Steketee at [abbyms@vt.edu](mailto:abbyms@vt.edu).

## Free Prenatal Yoga

*Saturdays @ 9-10:15 am*

*Feb. 16, Feb. 23, March 2,*

*March 9, 2019*

*1 Riverside Circle, Roanoke*

*Questions?*

*Contact the teacher:*

*Abby Steketee*

*[abbyms@vt.edu](mailto:abbyms@vt.edu)*

*304-282-1489*



Physical Activity Research &  
Community Implementation (PARCI)  
Laboratory at Virginia Tech  
<http://www.parcilab.org>

Questions, Suggestions, Feedback? Contact: Abby Steketee, MPH  
Graduate Research Assistant, PhD student  
304-282-1489 or [abbyms@vt.edu](mailto:abbyms@vt.edu)



# Belly Breathing: Stress Reduction



1. Create an inclined "bed" by propping up a cushion or pillow on yoga blocks or books.
2. Recline on your cushion so that the back of your head is supported. Place the soles of your feet together and let your knees fall to the sides. You can use a small pillow under each knee for support (see photo on the left).
3. Place your hands on your belly and close your eyes.
4. Relax your eyelids, release your jaw, and let your shoulders and elbows melt toward the floor.
5. Inhale, feel your belly rise into your hands. Exhale, feel your hands and belly sink together.
6. With each inhale, fill your torso with air from the bottom to the top: Breathe deeply into your belly, then let the breath rise into your rib cage and then all the way up to your chest and collar bones.
7. With each exhale, release your breath from the top to the bottom: Collar bones, chest, ribs, belly.
8. Keep inhaling your breath toward your shoulders and exhaling your breath toward your hips.
9. With each breath, expand through your waist creating space between each of your ribs on the right side, then on the left side.
10. With each breath, expand your back into the cushion, letting your shoulder blades slide open to accommodate your inhale.
11. Keep breathing slowing, fully, and deeply for 5-10 minutes.
12. If your mind wanders, count 1-2-3-4 on the inhale and 4-3-2-1 on the exhale.
13. It's okay if your mind wanders: Thinking is normal! Just say to yourself, "Thinking," and come back to feeling your hands on your belly or counting your breath.

**Be patient with yourself: You're doing the best you can, with what you have, wherever you and your baby are.**

## February Quotes: Love

"Where there is love, there is life."  
--Mahatma Gandhi

"People are unreasonable, illogical, and self-centered. Love them anyway."  
--Mother Theresa

"A loving heart is the truest wisdom." --Charles Dickens

"Love has no age, no limit; and no death." --John Galsworthy

"The best and most beautiful things on earth cannot be seen or even touched. They must be felt with the heart." --Helen Keller

"The more you are motivated by love, the more free and fearless your action will be."  
--The Dalai Lama