**Foods 12 Ainsley**

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**The caffeine myth that I chose was “Caffeine can harm a developing fetus.”**

Source 1 : <https://articles.mercola.com/sites/articles/archive/2009/01/03/how-caffeine-during-pregnancy-can-damage-your-baby.aspx>

This article states that caffeine is harmful to a developing fetus. It says that just two cups of coffee can affect pregnancy, such as it can affect the fetal heart development and “reduce heart function over the entire lifespan of the child”. As well as it points out that if your baby is a male then it could lead to weight gain.

The article also says that caffeine is an addictive, stimulant drug that passes easily through the placenta to the developing fetus. It can also be transferred through breast milk. In newborn and unborn babies, the half-life of caffeine is extended, so that means that it stays in your baby longer. Some problems that your baby or even you could have if you ingest caffeine while you are pregnant are increased risk of [miscarriage](https://articles.mercola.com/sites/articles/archive/2000/12/31/caffeine-pregnancy.aspx), birth defects, and decreased levels of iron and calcium in the expectant mother.

To conclude, this myth is proven by this website because it was a doctor’s opinion and she felt that drinking caffeine will strongly affect you and your baby during pregnancy and will harm your baby. She also gave us valuable facts.

Source 2 : <http://americanpregnancy.org/pregnancy-health/caffeine-intake-during-pregnancy/>

This article is also saying that caffeine is not recommended during pregnancy. It says that caffeine is a stimulant, and because caffeine is a stimulant, it increases your blood pressure and heart rate, that is why it is not recommended during pregnancy.

This article claims that caffeine crosses the placenta to your baby, as well as your baby’s metabolism is still developing and cannot fully metabolize the caffeine. In the later stages of pregnancy, caffeine can cause changes in your baby’s sleep pattern and they might not get enough sleep. Pregnant women should limit themselves to 200mg per day or they are at risk of a miscarriage. It is alright to consume a little bit of caffeine; however, it is recommended that they should try and not drink any caffeine.