

1000 CUPS



BOTTOMS UP?

Attention, moms-to-be: If you're rejoicing at the results of two recent studies that found that small amounts of alcohol (the equivalent of one drink a week for most women) and caffeine (equal to about one 12-ounce cup of joe each day) seem to be okay during pregnancy, don't uncork a bottle of red or make a beeline to the nearest coffee shop just yet. It's still too early to be 100 percent certain of the long-term effects of either substance on your baby, says Dr. Vyta Senikas, associate executive vice-president of The Society of Obstetricians and Gynaecologists of Canada. She maintains that pregnant women (and those who are trying to get pregnant) should still avoid alcohol and drink less than one cup of coffee a day.

PHOTO BY CHRISTOPHER STEVENSON