

Other Health Department Services

WIC

(Women, Infants and Children)
Supplemental Nutritional Program
Waukegan...847-377-8420
Round Lake...847-984-5150
North Chicago...847-984-5250
Zion...847-984-5450
Highland Park...847-984-5350

All Kids (Medical Card)
847-377-8599

Women's Health Clinic
Waukegan
847-377-8622

Behavioral Health
847-377-8180

Crisis Care Number (LCHD)
847-377-8088

Evanston Northwestern
(Post Partum Depression 24 Hour Hotline)
866-364-6667

For questions about other services, call the health center nearest you.

Health Center Locations

Belvidere Health Center
2400 Belvidere Rd.
Waukegan
847-377-8400

Midlakes Health Center
224 Clarendon Drive
Round Lake
847-984-5100

North Chicago Health Center
2215 14th Street
North Chicago
847-984-5200

Northeast Health Center
1819 27th Street
Zion
847-984-5400

North Shore Health Center
1840 Green Bay Rd.
Highland Park
847-984-5300

Prenatal Care Locations

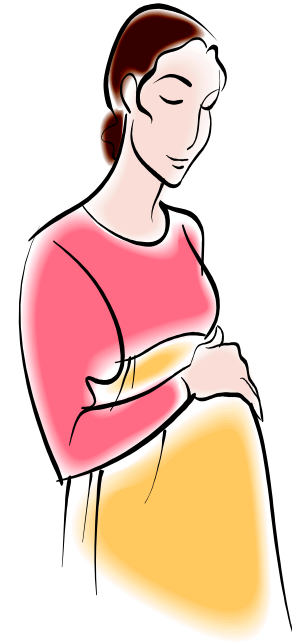
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|---------------|--------------|
| Waukegan | 847-377-8462 |
| Round Lake | 847-984-5100 |
| Zion | 847-984-5400 |
| Highland Park | 847-984-5300 |

Program funding includes a grant from the
U.S. Department of Health and Human
Services (DHHS) Title X

5/2013

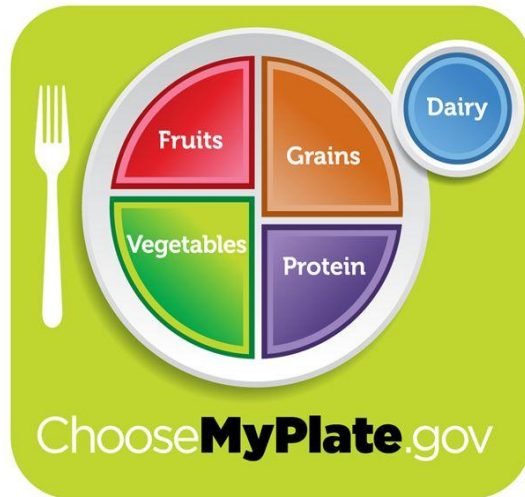
Lake County Health Department and Community Health Center

Pregnancy Health



Tony Beltran, M.B.A.
Executive Director

Eating Healthy...



Eating the right food will:

- Help your baby grow
- Help you have a healthier, safer birth
- Help you reach a healthier weight after delivery

EAT! Even if you are not hungry. Six small meals a day are usually easier to eat than three big meals.

Suggested daily amounts:

- 6-8 ounces of grains (bread, tortilla, pasta, rice or cereals)
- 2½ -3 cups of vegetables
- 2 cups of fruits
- 3 cups of milk products (milk, cheese, yogurt)
- 5½ - 6½ ounces of protein (meats, seafood, eggs, beans, nuts)

Pregnancy Basics

CAFFEINE

Limit the amount of caffeine. Caffeine is found in coffee, tea, cola, chocolate and energy drinks. Too much caffeine can harm your baby.



DRINK PLENTY OF FLUIDS

8-10 glasses of liquids daily...this includes milk, juice and water.

CHECK THE LABEL

Look for the word **pasteurized** on the label for milk, fruit juices and soft, white cheeses. Foods that are pasteurized have been heated to high temperatures to kill bacteria.

TOXOPLASMOSIS

Do not eat undercooked meat or clean a cat's litter box. Toxoplasmosis, a single celled parasite, can be transmitted to you and affect your unborn baby.



FISH

Some fish contain mercury, which can be harmful to your baby. **Do not** eat swordfish, king mackerel and tile fish when pregnant. **Limit** the amount you eat of shrimp, salmon, Pollock, catfish and canned tuna.



COOK FOODS COMPLETELY

Do not eat raw eggs, meat or fish, including raw hot dogs, cold deli meat and uncooked sushi. These too can be harmful to your baby!

So...to have a healthy pregnancy, it is important to take a prenatal vitamin every day. Vitamins with folic acid help prevent birth defects.

Early prenatal care is important. Make your appointment as soon as you can. And remember... go to all of your prenatal checkups.