



**Getting early and regular prenatal care improves your chances of a healthy pregnancy.**

Prenatal care helps you make sure you and your baby are healthy. Make your first appointment as soon as possible and go to all of your prenatal checkups.

**If you think something is wrong, do not hesitate to call your provider.**

**Women, Infants & Children (WIC)**

**(847) 377-8420**

**24/7 Crisis Care Program**

**3002 Grand Ave, Waukegan, IL**

**(847) 377-8088**

**Community Health Centers**

**For appointments, call our Patient Access Center:**

**(847) 377-8800**

Belvidere Medical Building\*  
2400 Belvidere Rd, Waukegan, IL

Grand Avenue Health Center  
3010 Grand Ave, Waukegan, IL

Libertyville Health Center  
18698 West Peterson Rd, Libertyville, IL

Midlakes Health Center\*  
224 Clarendon Rd, Round Lake Beach, IL

North Chicago Health Center\*  
2215 14th St, North Chicago, IL

North Shore Health Center  
1840 Green Bay Rd, Highland Park, IL

Zion Health Center\*  
1911 27th St, Zion, IL

Round Lake Area Student Health and Wellness Center\* (located inside Round Lake High School)  
800 North High School Dr, Round Lake, IL  
Appointments: (847) 257-1200

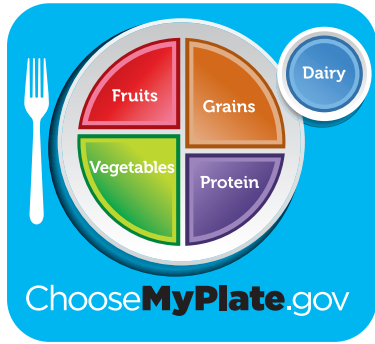
*Lake County Health Department services are available to all individuals regardless of race, color, national origin, age, sex, disability or sexual orientation. Please inform a staff member if you need an interpreter, assistance, or auxiliary aids.*

*\*Program funding includes a grant from the Illinois Department of Public Health, Family Planning Program*



**Pregnancy Health**





## Eating Healthy

Even if you are not feeling hungry, it is important to eat. Six small meals a day are usually easier to eat than three big meals.

Eating the right food will:

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

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

### Vitamins

It is important to take a prenatal vitamin that contains folic acid every day.

### 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

Drink 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!

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