

# FRESH PICKS®

February: Jicama

Name: Jicama

Plant Family: Leguminosae

Scientific Name: Pachyrhizus erosus



CALORIES

23

TOTAL FAT

0g

SODIUM

2mg

SUGARS

1g

Serving Size: 1/2 Cup, Sliced

## Did You Know?

Known as the “yam bean”, jicama is a root vegetable of the legume family, native to Mexico. The jicama features a thin skin, crisp texture and sweet, nutty flavor, and can be eaten raw or cooked, and makes a great substitute for water chestnut.

## Why Eat Jicama?

One serving of sliced jicama provides many vitamins and minerals such as iron, manganese, and vitamins B and C. Jicama is also a good source of dietary fiber.

White fruits and vegetables help lower cholesterol and can help prevent heart disease and certain cancers.

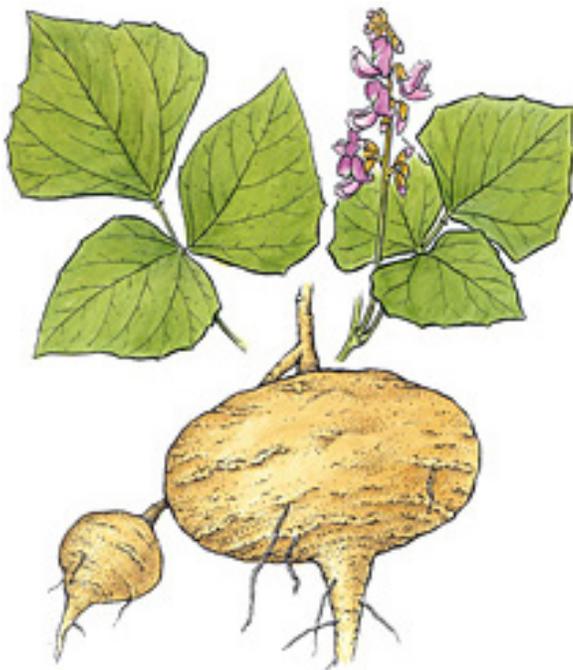
## How Many Servings of Vegetables Do I Need Every Day?

Girls: 2 - 2½ cups / Boys: 2½ - 3 cups

[www.choosemyplate.gov/food-groups/vegetables.html](http://www.choosemyplate.gov/food-groups/vegetables.html)

## How Does Jicama Grow?

Jicamas are the root vegetable of a vine-growing plant, requiring full sun, warm soil, and warm weather. Plants are spaced about 12 inches apart, producing 4-5 root vegetables per plant. Jicama grows best in moist, well-drained soil, requiring potassium for proper development. Jicama can be dug out at least 150 days from planting or when the vine starts to die back for winter. Roots will be about 3-6 inches across. Harvested jicama is particular about storage temperature and does best when stored between 53-60°F degrees, and will keep for up to two months when properly stored.



## Fun Facts About Jicama

Jicama is about 90% water.

The skin of the jicama is not edible and should be removed just prior to eating or preparing.

Jicamas are a fairly large tuber, reaching up to six pounds.

## Fresh Fitness

Teens need at least 60 minutes of physical activity every day. Keep exercise fun by picking activities you enjoy or try something new. Your work out should include aerobic exercise and muscle strengthening exercises. You should also include a warm up before each workout and a cool down with stretching right after.

## Fitness Focus: Making Healthy Choices

Eating a balanced diet is important for maintaining good health. The 2015 Dietary Guidelines for Americans recommends consuming a variety of nutrient-dense foods that provide essential vitamins and minerals, fiber, and other nutrients that may be beneficial to your health. You can achieve this by including fruits and vegetables, whole grains and low-fat dairy products in your diet.

Making healthy choices can help you develop healthy eating patterns. Choose a variety of vegetables, especially dark green and orange, and legumes. Make half of your grains whole grains. Switch to 1% or skim dairy products or soy-based dairy products. Choose from a variety of protein sources like seafood, lean meat, poultry, eggs, legumes, nuts and seeds, and soy products. Replace the meat in your meal with seafood and choose protein foods lower in solid fats and calories and/or are a source of oils. You should also replace solid fats with oils where possible.

