



Get Up & Move!

Jícama with Lime Juice

Here is an easy recipe if you are interested in trying jícama.

- 4 cups jícama (peeled and cut into strips)
- ¼ cup lime juice
- Red chile powder to taste
- Salt to taste

Sprinkle jícama with lime juice, chile powder and salt.

Nutrition information per ½ cup serving:

25 calories, 0 g fat, 0 mg cholesterol, 150 mg sodium, and 6 g carbohydrate

Jícama is a white-fleshed tuber that can weight from half a pound to 5 pounds or more. Shaped like a turnip, it has a thin brown skin and crisp, juicy flesh like a fine textured apple. It is bland in flavor and can be used in a variety of ways. It can be added to salads, used in stir-fries or boiled or baked like a potato.

Look for hard unblemished jícama roots that are heavy for their size. Jícama is a good source of vitamin C, and contains some potassium, iron and calcium.

Nutrition Facts	
Serving Size (73g)	½-cup
Servings Per Container	8
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 1g	
Vitamin A 2%	• Vitamin C 25%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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Vegetable Dip

Vegetables and dip make a nutritious, delicious snack any time. Here is a recipe for a quick and easy dip.

- 1 cup low fat sour cream
- 1 cup low fat vanilla yogurt
- 1 package dry ranch salad dressing mix

Mix together all ingredients.
Refrigerate for 30 minutes.
Serve with a variety of cleaned, cut-up vegetables.

Nutrition information per tablespoon of dip.

Nutrition Facts	
Serving Size (16g)	1 Tbs
Servings Per Container	56
Amount Per Serving	
Calories 25	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 0%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less Than 65g 80g</small>
Saturated Fat	<small>Less Than 20g 25g</small>
Cholesterol	<small>Less Than 300mg 300 mg</small>
Sodium	<small>Less Than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Select a variety of vegetables. In general, the darker the color the more nutritious the vegetable. Offer at least one dark yellow vegetable such as carrots and one dark green vegetable such as broccoli. Also offer a vegetable that the participants may not be familiar with such as jícama.