



SAISD CNS Powerful Produce of the Week

JICAMA

FUN FACT!

The two varieties of Jicama originate from Mexico and South America.

Jicama tastes like a cross between a potato and a pear.

POWER UP!

Jicama has a sweet, nutty flavor. The sugars in jicama are absorbed into your body slowly. Also, jicama provides your body with a lot of **fiber**. In turn, this plant is a weapon against diabetes.

TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

This institution is an equal opportunity provider.