



Jicama

Health Benefits of Jicama (Hik-a-ma)

This Latin American vegetable is rich in prebiotics, fiber, nutrients and water. Its slightly sweet and nutty flavor makes it a unique stand alone snack or as an additional ingredient in many dishes.

1 cup of fresh cantaloupe provides:

- 49 calories, 1 gm protein, 6.4 gm fiber, no fat, no cholesterol

Potential benefits of consuming jicama:

- High in vitamin C, a powerful antioxidant that promotes healing, and maintains healthy skin, bones, and cartilage
- Vitamin B6 is important in metabolism and mood regulation
- Potassium in jicama maintains fluid levels, aids in muscle contractions, and promotes healthy blood pressure
- Significant source of iron for growth, development, and the creation of blood proteins responsible for delivering oxygen in the body
- Source of the prebiotic fiber inulin, which may lower weight, boost mood and lower the risk of chronic diseases
- Jicama is traditionally eaten raw, peeled and sliced into strips



For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension
Family & Community Health and Advanced Health

