Healthy Serving Ideas
• Look for roots like jicama, parsnips, turnips, rutabagas, and radishes at your local market.
• Peel and slice crisp jicama. Sprinkle with chili powder for a quick snack.
• Peel and cube parsnips and add to your favorite soup.
• Sauté sliced turnips, turnip greens, and chopped onions for a flavorful dish.
• Serve mashed rutabagas instead of mashed potatoes.
• Shred radishes and add to a green salad.

JICAMA PIÑA BREEZE
Makes 3 servings. 1 cup per serving. Cook time: 10 minutes
Ingredients:
½ cup canned pineapple chunks with juice, packed in 100% juice
½ cup fresh jicama, peeled and cut into small pieces
½ cup fresh orange, peeled and cut into small pieces
2 cups 100% orange juice
1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve immediately.

Nutrition information per serving:
Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Sugars 1 g

How Much Do I Need?
• A ½ cup of sliced jicama, turnips, or rutabagas is about one cupped handful.
• A ½ cup of most root vegetables is an excellent source of vitamin C.
• Root vegetables are rich in complex carbohydrates, or starch, which give your body energy, especially for the brain and nervous system.
• Most people should get over half of their calories from complex carbohydrates.

Recommended Daily Amounts of Fruits and Vegetables*
<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!
• At work: Stretch with co-workers to help relax during your break.
• At school: Encourage your child to start a walking group during recess. They can talk while they walk!
• With the family: Play touch football or tag this weekend.

Gardening, doing yard work, vacuuming, sweeping – all types of physical activity count towards your daily needs!
To find out how much activity you and your family need, visit: www.cdc.gov/physicalactivity

What’s in Season?
Roots – like jicama, turnips, rutabagas, radishes, and parsnips – are in peak season in late spring through fall.
Try these other good or excellent sources of complex carbohydrates for energy: corn, dry beans, peas, and sweet potatoes.