Jicama – A Crunchy and Delicious Treat

Jicama is a delicious vegetable that is very popular in Mexican cooking. It can be eaten in a variety of ways, including salads, salsas, and vegetable platters, or even on its own as a healthy snack. The flavor is sweet and succulent, similar to an apple. It's very low in calories and high in fiber, which is good for your gut health! It as around 35 calories and 5 grams of fiber per jicama.

Not sure how to eat a jicama? Here are some simple ways to try one:

• First, be sure to select a jicama that is round and firm to touch.
• Always wash and peel a jicama (like you would a potato).
• Slice it up julienne style and add orange juice and fresh cilantro and mix together.
• Dice it up and add to a salad with sliced almonds and your favorite vinaigrette dressing.
• Cut into thicker slices and dip in hummus or guacamole for a light snack.

Did you know that beige fruit, veggies and beans are good for your lungs? Try these sweet and tasty jicama salads!

Dance the day away, in the month of May!

Cinco de Mayo is a fun and festive holiday filled with dancing and music. Celebrate with your friends and family and keep moving with the Mexican Hat Dance; in Spanish it’s called, Jarabe Tapatío! To add to the fun, be creative and make up your own version of the dance. Here’s what you’ll need:

• Mexican Hat Dance music or other festive music like Mariachi, Mexican folk music.
• A large hat of any kind and lots of energy

Now, gather your friends and family, place a hat in the center of the room, turn up the music and dance around the hat.

Make up dance moves as you go and have fun. Keep moving together with these fun outdoor games!

Parent Power Tips from SuperKids Nutrition Founder

With childhood obesity on the rise, there are a lot of anti-obesity campaigns that can sometimes be misinterpreted by a child and their family. This may lead to fear of becoming overweight or obese, which can result in a serious eating disorder, low self-esteem, or both. Help your child develop a healthy self-image by being a positive role model and setting a good example. Be sure to avoid saying things like "If you eat that, it's fattening," or "Those foods make you fat.” Don’t identify people by their weight. Also:

• Encourage healthy eating habits by offering fresh fruit for a snack. If your child has a cut or a bruise, offer them an orange and explain how the vitamin C will help their cut or bruise heal faster!
• If your child is overweight, avoid the diet mentality and use these guidelines instead.
• Encourage exercise for fun instead of exercise for weight loss.
• Think before you speak! Avoid saying negative things like, "I'm so fat," or "I look so fat in this, I need to go on a diet."
• To find more tips see: Overcoming Media Influences to Promote Healthy Self Image.

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