

President's Message



Sally Clifton, MSH, RD, LD/N

I'm excited about what's in store for this year and look forward to serving as your JDA president. There will be some great opportunities to earn CEU's as well as social events for networking. Our goal is to get each of you involved and build our association. Jacksonville needs to know about their local dietitians and our commitment to helping the community.

If you currently are not a member of JDA, or maybe not an active member, I encourage you to join. There are numerous committees that do not require a big time commitment. I truly believe you will find great reward in serving and working with your fellow dietitians.

As JDA president, I want to not only build our association by increasing membership, but I want the members of JDA to work together and get our association out into the community. I encourage you to share ideas you might have to make JDA a stronger organization.

I'm looking forward to seeing everyone at our "Meet and Greet" in August and then our first CEU opportunity in September. Don't forget to check the JDA website for information and updates.

About JDA

The Jacksonville Dietetic Association is an organization of Registered Dietitians, Dietetic Technicians, and Dietetic Students. JDA is an affiliate of the American Dietetic Association (ADA) and the Florida Dietetic Association (FDA) - District 4 serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Union counties in Northeast Florida.

Our mission is to provide expert nutrition education and support to our members and the community. JDA meets 4 to 5 times per year with opportunities for continuing education at each meeting.

Visit us online at <http://www.eatrightjax.org>

Meet Jicama

By **Brittaney Bialas**

Jicama, pronounced (hee-kah-mah), is the root of a legume plant native to South America. This tuberous root, appropriately nicknamed "Mexican potato" or "Chinese turnip", closely resembles a potato, turnip, or radish. The skin of jicama can be brown, tan, or gray and should be peeled away; but the flesh of the root is bright white which can add vibrancy to a colorful dish. Choose medium-size, firm tubers with dry roots. Store whole in cool, dry place; wrap and refrigerate for up to two weeks after cutting. The texture of jicama is most similar to that of a water chestnut, an apple, a crisp pear and its flavor is slightly sweet. At a serving size of 1 cup, this light, crispy root is chock-full of vitamin C, providing almost 40% of the recommended daily value. Eating jicama provides a fat free serving of vitamins and minerals and a hefty 6 grams of fiber with only 46 calories! Including jicama in the diet also promotes a healthy gut, compliments of its prebiotic, inulin. Use jicama in a variety of dishes, raw or cooked. This crunchy treat is great in stir fry, salads, and Mexican dishes. Pair it with hummus, or include it in your next veggie tray for a crunchy, nutritious treat.

Jicama, nice to meet you!

Jicama Fries

Adapted from goneraw.com



Jicama, peeled and cut into fries
 Olive Oil, 2 Tbsp
 Salt, 1/4 tsp
 Garlic Powder, 1/4 tsp
 Cayenne, 1/4 tsp
 Cumin, pinch
 Lime juice to prevent discoloration

1. Mix oil, spices, and lime juice together
2. Toss with jicama strips

Makes 2 servings: 250 calories, 14g fat (2g sat, 0g trans, 10g monounsaturated, 2g polyunsaturated), 0mg cholesterol, 305mg sodium, 30g carb, 16g fiber, 6g sugars, 2.5g protein, 3% Vitamin A, 117% Vitamin C, 4% Calcium, 12% Iron, 15% Potassium

