



Go Bananas for QuickStart!

WHY do tennis players eat nuts & seeds?

BECAUSE . . . NUTS & SEEDS

- Have filling protein, fiber, unsaturated fats, and essential vitamins and minerals
- Are nutritious snacks
- Help keep hearts healthy
- Are easy to store, easy to pack in a tennis bag for a quick, healthy snack on court.

WHAT KINDS OF NUTS?

All nuts have protein, fiber and iron. Try a variety in your grocery store - almonds, brazil nuts, cashews, chestnuts, macadamia nuts, pecans, pistachios and walnuts. Each kind of nut offers slightly different vitamins and minerals that keep you healthy. So you'll know . . . peanuts are not nuts, but they are healthy legumes just like black beans and black-eyed peas.

**Want to be a great tennis player?
Eat like a great tennis player!**

A handful of nuts each day will give you lots of energy to play! A nut is a dry fruit with a seed that's enclosed in a hard, woody shell. All nuts are seeds (the fruit is the seed — think pecans), but not all seeds are nuts (the seed can be separated from the fruit — think pumpkin seeds). Nuts have been a part of the human diet since the beginning of history.



Henrik Wiersholm

Go HOOs!

UVa Clincher Goes Bananas for QuickStart!

UVa third-year Henrik Wiersholm Goes Bananas for QuickStart! and Goes Nuts! for Macadamia nuts. Tennis players know nuts make great snacks!

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Bag Check: On court Henrik has water, bananas, nuts and honey. His favorite breakfast is cereal and eggs. For lunch he likes to eat a grilled chicken sandwich. For dinner he has pasta and chicken. Henrik likes steak and mashed potatoes on special occasions like clinching the NCAA title.

**Started playing tennis at age six
Played in US Open Juniors, Junior
French Open and Junior Wimbledon
Went 11-1 in ACC singles play and
22-2 in dual match play in 2016
Clinched 2016 NCAA Championship**