



Go Bananas for QuickStart!

WHY do tennis players eat beets?

BECAUSE ... BEETS

- Are bright-colored and one of the healthiest veggies!
- Have lots of iron which active athletes need
- Can satisfy a sweet tooth – they have the most natural sugar of any veggie
- Are a good source of fiber and potassium
- Can be prepared in many healthy ways – raw, steamed, boiled, roasted, pickled or juiced
- Get their unique crimson red color from beta pigments only found in beets

ARE ALL BEETS RED?

Most are red, but there are orange-yellow and white varieties. There is even a candy-cane beet that has red and white swirls. Beets are part of the same family as Swiss chard, another tasty green vegetable with beet-red spines. Red and green veggies are the best!

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

Beets can't be beat! Beets are small herbaceous plants with broad green leaves. They are fast-growing and mature in 60 days from seed. They are available year-round in stores, but are easy to grow at home and are ready to harvest from June to October.



Jon Fried

Started playing tennis at age 10

GOLD Medal at 2007 Special Olympics Games in Shanghai, China

Silver (singles) and Bronze (mixed doubles) Medals at 2011 Special Olympics Games in Athens, Greece

1994 Special Olympics Virginia Athlete of the Year

Lives at Innisfree Village

Motto: Play like a tiger, not a chicken!

Special Olympics Tennis Champion Goes Bananas for Beets and QuickStart Tennis!

Jon Fried, Special Olympian and World Tennis Champion, likes to eat beets because they are delicious and are good for you. He likes roasted or steamed sliced beets with lime juice, hot or cold.

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Bag Check: On court Jon always has bananas, and he drinks a lot of water to stay cool and hydrated. He starts his day with cereal, fruit and orange juice. For lunch Jon usually has vegetable soup and a green salad. For dinner he likes to have chicken, vegetables, especially beets, and a salad. For special occasions, Jon likes to celebrate with steak and spareribs.