



Go Bananas for QuickStart!

WHY do tennis players eat cucumbers?

BECAUSE ... CUCUMBERS

- Have potassium (just like bananas) to help with muscle cramps
- Are low in calories and have no fat
- Have carotenoids (like carrots) to help keep your eyes healthy
- Help cool your body
- Are crispy and FUN to eat. **Taste really good!**

WHAT TO DO WITH CUCUMBERS?

Eat them raw with the skin. Use sliced or diced cucumbers in a salad. Combine sliced cucumbers and tomatoes and toss with balsamic dressing. Eat with a low-fat dill dip. Add slices to a glass of water for a refreshing taste. Make cold cucumber soup. Try a cucumber sandwich. YUMMY! Make your own pickles. FUN! Soothe tired eyes and reduce swelling with sliced cucumber goggles. WOW! That's cool!

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

Stay Cool as a Cucumber! Cucumbers belong to the same family as zucchini, squash and pumpkins. Crispy and cool, cucumbers are about 96% water. Eating cucumbers counts toward the glasses of water you should drink each and every day.



In a pickle with muscle cramps?
Drinking **pickle juice** can help stop cramps!



Photo by Matt Riley

Danielle Collins

**#1 High School
player in Florida
#1 USTA Girls' 18s
#2 Blue Chip Recruit
Won Futures Event
in Williamsburg
Top 20 ITA ranking
Transferred to UVa**

Danielle Collins Goes Bananas for QuickStart!

UVa second-year Danielle Collins **Goes Bananas** for green veggies, especially cucumbers. Danielle lots of eats fruits, vegetables, whole grains and lean meats. She fuels up to play lots of tennis and she drinks a lot of water to stay cool. On the court, she's as cool as a cucumber!

Go Bananas for QuickStart!

Bag Check On-court Danielle always has lots of water and bananas. She starts her day with cereal, eggs and fruit. Her favorite lunch is a green salad. Her favorite dinner is lots of veggies and pasta. Danielle celebrates special occasions with ice cream. Her favorite flavor is Cookies & Creme.