



Go Bananas for QuickStart!

WHY do tennis players eat mangos?

BECAUSE MANGOS ...

- Are packed with vitamins and minerals, which help you grow and perform better
- Have lots of fiber to keep you feeling full and your heart healthy
- Are an excellent source of Vitamin A, which helps you see the ball better
- Are good sources of Vitamins C and E
- Can be eaten fresh or dried
- Are the most widely eaten fruit in the world
- **Taste really AWESOME!** Everyone loves them!

WHAT ABOUT MANGO KABOBS? Put a mango cube on a toothpick, dip in low-fat yogurt and enjoy!

WHAT ABOUT A MANGO SMOOTHIE? Put mango pieces, low-fat yogurt, ice cubes and a little orange juice in a blender. **YUMMY!**

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

Eat lots of fruit every day! Half of what we eat each day should be fruits and veggies. Mangos are delicious! Mangos are tasty when chopped and served with lean meats or seafood, and they're great in salads or salsas. Mangos have a weird family tree. They're part of the sumac family, and that includes pistachios, cashews, poison ivy and poison oak.

International Tennis Star Goes Bananas for QuickStart!

Brenda Schultz-McCarthy, former Top 10 professional player, loves to eat mangos and organic foods. Her favorite snack is a mango-papaya-kiwi and fresh apple juice smoothie. Her neighbor in Florida grows mangos and shares them with Brenda and her family.

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Bag Check Before a match Brenda eats fruit and an organic power bar. On the court Brenda always has bananas and plenty of water. Brenda starts her day with oatmeal mixed with dried fruit and walnuts. Her favorite lunch is fruit, chicken and whole grains. When she's on tour, she likes to find a small ethnic restaurant for dinner and eats a balance of protein, complex carbohydrates, fruits and veggies. For special occasions Brenda likes dark chocolate.



Brenda Schultz-McCarthy

- Netherlands top player for over 10 years
- Two-time Olympian
- 16 WTA titles
- Fastest serve, 130 mph
- Operates summer tennis & adventure camp in Virginia

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