



Go Bananas for QuickStart!

WHY do tennis players eat salads?

BECAUSE ... SALADS

- Are rich in nutrients, not calories, when you use low-fat or fat-free dressing
- Provide lots of fiber and other nutrients
- Are versatile and can be made with different lettuces – the darker green, the better!
- May be topped with lean meat, seafood or even nuts for protein
- Are an easy way to eat lots of fruit and veggies
- Make you feel more full and eat less of other, not-as-healthy foods
- Are fun to make, especially at salad bars
- Are cool, crunchy and FUN to eat!

GO GREEN WITH SALADS!



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

Eat a salad almost every day! GO GREEN before you play! Eating a green salad and fresh fruit before you play is a great way to fuel up for the match. With your salad, drink lots of water -- more in really hot weather. Have a banana too.



Photo Matt Riley

Maria Fuccillo

Started playing tennis at age 4

Ranked #1 in Mid-Atlantic 18s

High School tennis player of the year three times

Go HOOs!

Maria Fuccillo Go Bananas for QuickStart!!!

Maria eats lots of salads because they can have a lot of different vegetables, protein and calcium all in one dish. Salads allow her to select the ingredients and dressing that taste good to her. She gets to eat what she likes and gets nutrients her body needs to function at its best. For protein she likes a grilled chicken breast on top of all the greens and veggies.

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Bag Check: On court Maria has bananas, power bars and water. She starts her day with oatmeal, an English muffin and yogurt with granola. For lunch Maria likes a garden salad, turkey sandwich and piece of fruit. For dinner she usually has a small side salad, vegetable, rice or baked potato and a piece of lean meat. On special occasions, Maria has apple crisp with vanilla ice cream.