



Go Bananas for QuickStart!

WHY do tennis players eat seafood?

BECAUSE ... SEAFOOD

- Has many proteins, vitamins, minerals and heart-healthy fats
- Is an excellent, low-calorie source of many essential nutrients
- As part of a **balanced diet**, helps give you the energy your body needs for exercise
- Comes in lots of varieties: fish (too many to name) and shellfish (shrimp, crabs, clams, scallops, mussels, lobster and crawfish)
- Is FUN to catch on vacation
- **Tastes delicious!** So eat up and enjoy!

HOW TO COOK SEAFOOD?

Lots of healthy ways to prepare seafood – on the grill, steamed, poached, sautéed, stir-fried, baked, broiled or in a smoker. Try it with BBQ rub or over pasta. Seafood is **AWESOME** any way you cook it!

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

See food, eat it! There are so many different varieties of seafood to choose from and so many different ways to cook it. You'll never get tired of eating seafood. And fish know about the importance of hydration and so do tennis players. Drink four glasses of water each day – more when you exercise, especially in really hot, humid weather. **Go HOOs!**



Photo by Matt Riley

Julia (Jules) Elbaba

- ITA All-American – Singles and Doubles
- #1 UVa singles player
- UVa Tri-Captain
- #3 ITA national ranking
- All-ACC First Team
- ACC Freshman of the Year
- National Rookie of the Year

UVa All-American Goes Bananas for QuickStart!

Julia Elbaba, UVa Tennis standout, says she likes to eat nutritious food and stay active on the tennis court to be a healthy person and athlete. She loves to compete, and a big part of winning is taking care of her body.

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Bag Check On the court Jules always has bananas and plenty of water. Her favorite meal is breakfast! She starts her day with scrambled eggs, toast with peanut butter and bananas. For lunch she has a salad and a turkey sandwich, if she has a match. For dinner she likes to eat pasta with grilled chicken. During the day she snacks on fruit. For special occasions, Jules likes anything that is chocolate!