Go Bananas for QuickStart!

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 varieties: fish (too many to mention) 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. Top with fruit. 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. Fish know about the importance of hydration and so do tennis players. Drink four bottles of water each day – more when you exercise, especially in really hot, humid weather.

Steven Eelkman Rooda

ACC All-Academic Team

One of five UVa players in Top 125 in 2010

Go HOOs!

UVa Men's ACC All-Academic Goes Bananas for QuickStart!

Third-year player and ACC All-Academic Steven Eelkman Rooda *Goes Bananas* for seafood, especially salmon. Steven eats a balanced diet of fruits, vegetables, whole grains and lean meats and has seafood as often as he can. Seafood is brain food too. Just ask Steven. He plays great tennis and gets great grades in school!

Go Bananas for QuickStart!

Bag Check On-court, Steven always has lots of water and bananas. He starts his day with cereal and skim milk. His favorite lunch is grilled chicken with lettuce and tomato on ciabatta bread. For dinner he likes grilled salmon, vegetables and mashed potatoes. For special occasions, Steven has lasagna.