



*Go Bananas for QuickStart!*

**WHY** do tennis players eat spinach?

**BECAUSE ... SPINACH IS**

- Packed with vitamins and nutrients
- Filled with iron and Vitamin C, which help keep your energy up
- A great substitute for iceberg lettuce in salads
- A replacement for green coloring in smoothies
- An easy addition to pasta or sauces
- Available in adult and baby leaf versions 😊
- Grown year-round and eaten fresh!

**THERE'S A REASON POPEYE ATE HIS SPINACH EVERYDAY . . . TO STAY STRONG!**



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

**Eat spinach when you can . . . include it in every meal!** Spinach is one of several dark green, leafy veggies that help tennis players stay healthy and strong. Try to eat spinach three times each week. Steam or sauté spinach leaves with a little olive oil. (Popeye liked his spinach with Olive Oyl!) Spinach is good on a sandwich or in a wrap instead of lettuce. A spinach salad is quite delicious, too!



Scott Brown, USPTA Pro

**Vanderbilt Tennis Star**  
**176 career wins**  
**All-SEC player, 4 years**  
**UVa coach since 2010**  
**Started tennis - age 11**  
**#1 junior doubles rank**  
**Loves to play guitar**

**Go HOOs!**

### **UVa Men's Tennis Coach goes Bananas for QuickStart!**

Volunteer Assistant Coach, **Scott Brown, Goes Bananas!** for spinach and QuickStart! Like most tennis players Scott eats lots of fruits and veggies, but he really LOVES spinach!

### **Go Bananas for QuickStart!**

**Bag Check:** On-court Scott always has water, bananas and Nutri-Grain bars — something light and easy on the stomach. He starts his day with oatmeal or cereal and fruit. For lunch he likes a salad with salmon or tuna or a turkey sandwich with beans and fruit. For dinner he usually has seafood (tilapia, sushi or salmon) or chicken with vegetables, rice and hummus. For special occasions, he likes lasagna.