



Go Bananas for QuickStart!

WHY do tennis players eat sweet onions?

BECAUSE ... SWEET ONIONS

- Provide nutrients to nourish bones, muscles and skin
- Are thin-skinned and juicy
- Are super healthy! (low in fat, calories and sodium)
- Can be prepared in many healthy ways – raw, roasted, grilled, sautéed or stir-fried
- Taste great with lots of veggies
- Are mild in taste and DON'T make you cry!

WHAT ARE SOME SWEET ONIONS?

Vidalias are grown in Georgia and are Georgia's official vegetable. Walla Wallas are grown in Washington State. Texas 1015 Super Sweets, Pecos and Sunbreros are grown in Texas. Maui onions come from Hawaii. OSO Sweets are grown in the foothills of the Andes in Chile. They're ALL delicious and healthy!

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

Eat onions for flavor! Tasty Vidalia onions first showed up in 1931 in Toombs County, GA when farmer Mose Coleman discovered the onions he grew were sweet, not hot. We're glad they're sweet! Delicious all by themselves, especially hot off the grill!



Brian Vahaly

From Georgia (just like Vidalia onions)
Started playing tennis at age 2
Easter Bowl 18s Champion
Twice ACC Player of the Year
UVa Male Athlete of the Year
Three-time All-American at UVa
NCAA singles finalist
Academic All-American
Seven years on Pro Tour
Ranked as high as #64 as a pro
USTA/National Board Member

Former UVa Star Goes Bananas for Onions!!!

Brian Vahaly, UVa McIntire School, 2001, likes to eat sweet onions because they add flavor and a little spice to healthy meals. His favorite recipe is butternut squash and sweet onions.

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Bag Check: On court Brian always has bananas, protein granola bars, water and Powerade Zero. He starts his day with Greek yogurt and fruit. For lunch Brian likes a turkey sandwich. For dinner he usually has a spinach salad, quinoa and a grilled or baked chicken breast. For special occasions, Brian likes to have pasta with garlic bread.