



Go Bananas for QuickStart!



WHY do tennis players eat apples?

BECAUSE . . . APPLES

- Are full of energy to fuel your tennis match
- Are **rich in fiber** to keep you feeling full
- Are a sweet snack, with only **natural sugars**
- Are a good source of Vitamin C
- Are a cool fuel to eat before you play tennis
- As part of a **balanced diet**, give you the energy you need for exercise
- Are naturally low in calories
- Help maintain blood-sugar levels between meals
- Come in hundreds of varieties
- Can easily be carried in tennis bags
- Aren't messy
- **Taste really good!**

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

Eat an apple every day! An apple a day keeps the doctor away! Apples are the perfect, portable snack – great-tasting, energy-boosting, and free of fat. When you're on the tennis court, have an apple or banana close by for quick energy, whole-grain cereal bars for a quick post-tennis snack and plenty of water to drink as you play. Hydration is just as important to tennis players as nutrition. Drink four big bottles of water each day, more in really hot weather.



Michael Shabaz

2010 Preseason #3 U.S. College Tennis Player

2009 NCAA Doubles Champion with partner Dom Inglot

Go HOOs!

UVa Men's Tennis Star goes Bananas for QuickStart!

UVa's **Michael Shabaz**, the preseason #3-ranked U.S. college tennis player, **Goes Bananas** for apples and QuickStart! Like most tennis players Michael eats apples and bananas for snacks. Fresh fruit gives tennis players lots of energy. Just ask Michael!

Go Bananas for QuickStart!

Bag Check: On-court Michael always has lots of water and bananas. Michael starts his day with ham & egg on a bagel for protein and carbohydrates. His favorite lunch is a sandwich. For dinner he likes lean meats – grilled, not fried. Michael says grilled is healthier and tastes better. For special occasions, he loves apple pie.