



## *Go Bananas for QuickStart!*

### **WHY** do tennis players eat beans?

#### **BECAUSE BEANS ARE . . .**

- Among the most versatile and nutrient-dense foods available
- Good sources of plant protein and healthy substitutes for meats
- Very low in fat and cholesterol
- Loaded with fiber
- Excellent source of iron, which is important for growing kids
- Full of vitamins and minerals your body needs
- Great alone or in combination other foods

#### **WHAT ARE LEGUMES?**

Legumes are plants that produce beans, peas, lentils, edamame (soybean) and peanuts. These plants are helpful to farmers too because they enrich the soil organically and reduce the need for fertilizer.

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

**Eat legumes every day . . . there's lots of tennis to play!** And there are so many legume choices – red beans, black beans, pinto beans, navy beans, kidney beans, black-eyed peas, lima beans, garbanzo beans (chick peas), split peas and lentils. Legumes can be dried, canned or frozen. They were first cultivated during the Bronze Age and then by ancient Egyptians, Greeks and Romans. American Indians ate a wide variety of beans and so can you!



**Emily Harman**

**WTA Tennis Professional**

**Started playing at age 11**  
**130-1 High School record**  
**WVa A/AA Singles and**  
**Doubles Champion**  
**Petersburg WVa High**  
**School Valedictorian**  
**All-BIG EAST Women's**  
**Tennis Team**  
**BIG EAST All-Academic**

### **Former Syracuse Standout goes Bananas for QuickStart!**

WTA Tennis Professional **Emily Harman Goes Bananas!** for beans and QuickStart Tennis! Like most tennis players Emily eats lots of fruits and vegetables, but she really LOVES beans, especially fresh green beans, edamame and hummus (made with chick peas)!

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

**Bag Check:** On-court Emily always has lots of water and bananas. She starts her day with oatmeal, a banana and a glass of milk. Her favorite lunch is chicken with green beans and brown rice. For dinner she likes fish, peas and a baked sweet potato. For special occasions, Emily has ice cream.

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**12/2013**