



Go Bananas for QuickStart!



WHY do tennis players eat pasta?

BECAUSE . . . WHOLE-GRAIN PASTA

- Is one the world's **healthiest foods**
- Is made of **whole grains**, contains complex carbohydrates and is low in fat and cholesterol
- Loaded with minerals for energy production, healthy bones, muscle tone and weight management
- Is a concentrated source of fiber
- A cool fuel to eat before you play or practice tennis
- Replaces vitamins and other nutrients that are lost during exercise
- Has many interesting shapes and flavors
- **Is great topped with veggies!**
- Can be eaten warm in Italian dishes or cold in pasta salads
- Tastes really good!

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

Eat pasta before you play! Whole-grain pasta with tomato or pesto sauce is the perfect way to fuel up! It's great-tasting, energy-boosting and low fat. Whole grains are the perfect fuel for tennis players. And don't forget to drink eight 8-ounce glasses of water each day, more when you exercise and when it's really hot weather.



Photo Matt Riley

Jarmere Jenkins

2010 Preseason #16 U.S.
College Tennis Player

2009 ITA Atlantic Region
Champion

Go HOOs!

UVa Men's First-Year Player Goes Bananas for QuickStart!

Jarmere Jenkins, who plays #3 singles on the UVa Men's Tennis Team **Goes Bananas** for whole-grain pasta and QuickStart! Like most tennis players J. J. eats pasta for lunch or dinner and bananas and other fruits for snacks. Whole-grain pasta gives tennis players lots of energy. Just watch J. J. run!

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Bag Check On-court J. J. always has lots of water and bananas. J. J. starts his day with a protein shake, two plain bagels and some fruit. His favorite lunch is a roast beef sandwich with fruit. For dinner he likes Cajun chicken pasta. For special occasions, he has apple pie with vanilla ice cream.