



## *Go Bananas for QuickStart!*

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

#### **BECAUSE . . . PEACHES**

- Are juicy, delicious and low in calories
- Are a good source of Vitamin C
- Also have Vitamin A, which helps you see the ball better
- Contain lots of dietary fiber to keep you feeling full longer
- Can be conveniently eaten fresh or dried
- Can be baked, broiled, grilled or sautéed
- Are one of the most widely available fruits
- **Taste really AWESOME!**

**WHAT ABOUT PEACH SALSA?** Combine diced fresh peaches with a chopped red onion and a red bell pepper. Add lemon juice, minced chipotle peppers and garlic, salt and pepper. **WOW is that GOOD!**

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

**Eat lots of fresh fruit every day!** Peaches have been grown for about 4,000 years, starting in China. Thomas Jefferson had peach trees at Monticello. There are two basic types of peaches – freestones and clingstones. Some have yellow flesh, some white. There are over 2,000 varieties. Peaches are grown in 64 countries, with about 20% grown in the USA. Georgia is known as the “Peach State,” but South Carolina and California each grow more.



Photo Matt Riley

**Mitchell Frank**

**2011 ITA All-American  
Singles Champion**

**2011 ITA National Indoor  
Singles Champion**

**Only 4th ever to win both**

**Go HOOs!**

## **UVa Men's Tennis Phenom Goes Bananas for QuickStart!**

**Mitchell Frank**, UVa first-year, **Goes Bananas** for peaches and QuickStart! Like most tennis players Mitchell eats fresh fruits as often as he can. Fresh fruit gives tennis players lots of energy. Just ask Mitchell. He works very hard on-court when he practices or plays!

## **Go Bananas for QuickStart!**

**Bag Check** On-court Mitchell has water, bananas and Clif Bars. He starts his day with eggs, fruit, toast and juice. For lunch he eats a turkey sandwich with a salad and a banana with water. For dinner he likes pasta with chicken on the side, vegetables and bread. For special occasions, Mitchell loves ice cream and sometimes a cookie.

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