



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
- Loaded with minerals for energy, healthy bones and muscle tone
- 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 or cold (in 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 six to eight 8-ounce glasses of water each day, more when you exercise and when it's really hot weather.



Photo Matt Riley

Jarmere Jenkins

**2013 ITA National Player
of the Year**
**2013 UVA Male Athlete
of the Year**
**2013 NCAA Doubles
Champ & Singles Finalist**
ITA National Senior Player
2013 ITA #1 in Singles
**2012 & 2013 Singles and
Doubles All-American**

Go HOOs!

UVA Men's Standout Goes Bananas for QuickStart!

Jarmere Jenkins, who played #1 singles on the UVA Men's Tennis Team, **Goes Bananas** for whole-grain pasta and QuickStart! Like most tennis players JJ eats pasta for lunch or dinner, and bananas and other fruits for snacks. Whole-grain pasta gives tennis players lots of energy. Just watch JJ run and jump!

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Bag Check On-court JJ always has lots of water and bananas. He 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.