



## *Go Bananas for QuickStart!*

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

#### **BECAUSE ... CARROTS**

- Are naturally low in fat, calories and sodium
- Are packed with Vitamin A, which helps you see better, especially at night
- Have lots of fiber to keep you feeling full
- Can be eaten raw, cooked or juiced
- Help tennis players see the ball better
- Can easily be carried in a tennis bag
- **Taste really good!**

#### **WHAT ABOUT CARROT JUICE?**

One cup of carrot juice is loaded with Vitamin A and lots of Vitamin C and potassium. Carrot juice is also really good blended with other veggies. Blend carrot juice with yogurt for a Carrot Smoothie. Yum!

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

## **Make your eyes happy. Eat lots of carrots!**

Carrots are tasty veggies for lunch, dinner and snacking. Carrots are delicious sliced and steamed, and they're great in soups and stir-fries or shredded in salads or coleslaw. More than 60 varieties of carrots grow in the United States. International Carrot Day is April 4.



Photo Matt Riley

### **Lindsey Hardenbergh**

**ITA Singles All-American  
(UVA Women's first)  
No. 1 UVA Singles Player  
All-ACC Player  
ACC All-Academic Team  
UVA Team Co-Captain  
Three Father-Daughter  
National Grass Court  
Championships**

**Go HOOS!**

## **UVA Singles Star Goes Bananas for QuickStart!**

**Lindsey Hardenbergh**, former UVA Women's #1 singles player, loves to eat carrots. Her favorite snack is carrot sticks and hummus. She also likes to snack on walnuts, cashews, almonds and dried cranberries.

## **Go Bananas for QuickStart!**

**Bag Check** Before a match Lindsey has protein — bagel with eggs, grilled chicken or a protein bar. On the court, she has bananas, protein bars, water and Gatorade. Lindsey starts her day with an omelet and raisin bran with a banana. Her favorite lunch is a turkey sandwich and a salad. For dinner, she likes lean meats or seafood and lots of vegetables like carrots. For special occasions, Lindsey eats chocolate ice cream in a bowl with milk.

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