



Go Bananas for QuickStart!

WHY do tennis players eat pineapples?

BECAUSE . . . PINEAPPLES

- Are rich in Vitamin C and manganese
- Are sweet, with only **natural sugars**
- Help digestion and hydration
- May reduce inflammation
- Are naturally low in calories
- **Taste oh-so sweet and delicious!**

Breakfast: Pineapple, blueberry and Greek yogurt smoothie. **Salad:** Tropical roast chicken, almond, blueberry and pineapple salad. **Lunch:** Homemade Hawaiian burgers (turkey burgers, grilled pineapple ring on a whole-wheat bun). **Dinner:** Baked ham with pineapple and cherries. **Dessert:** Pineapple fruit salad.

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

PINEAPPLES ROCK! Pineapples have exceptional juiciness and a vibrant tropical flavor that balances the tastes of sweet and tart. They are second only to bananas as America's favorite tropical fruit and are available year-round in local markets. Hawaii is the only state in the USA where pineapples can be grown.



Sara O'Leary

Started tennis at age 8
Colorado State Tennis
Champion 2001-2003
All-state academic honors
Played at University of
North Carolina
Won 215 college matches
ITA All-American (twice!)
2007 NCAA Doubles
Champion
Coached at Princeton,
UNC and Davidson

UVA Tennis Coach Goes Bananas for QuickStart!

Sara O'Leary, Head Coach of the UVA Women's Tennis Team, **Goes Bananas** for pineapples and QuickStart! Sara loves to eat apples, pineapple or trail mix for snacks.

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Bag Check On-court Sara likes to have energy bars, Gatorade and water handy. She starts the day with eggs and yogurt which provides a lot of protein to start the day off right. Her favorite lunch is a salad with spinach, cranberries, nuts, cheese and edamame beans. For dinner, Sara has chicken, steak or salmon, usually with a salad and rice or potatoes. Sara enjoys frozen yogurt with sprinkles for dessert.

Go HOOs!

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