



Go Bananas for QuickStart!



WHY do tennis players eat bananas?

BECAUSE ... BANANAS

- Are full of energy – carbohydrates, fiber and **natural sugar**
- Have lots of **heart-healthy** potassium – lowers blood pressure and prevents cramping
- Are a cool fuel to eat before you play tennis
- As part of a **balanced diet**, give you lots of energy for exercise
- Replace vitamins and other nutrients that are lost during exercise
- Are **great snacks** along with other fruits
- Can easily be carried in tennis bags
- **Taste really good!**



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

Eat a banana every day! Eat a banana when you play! Start your day with a bowl of whole-grain cereal, skim milk and a sliced banana or another fruit. On “special” days, have banana pancakes or a waffle with smashed banana topping. When you are on the tennis court, have a banana close by for quick energy, whole-grain cereal bars and plenty of water, especially in really hot and humid weather. Hydrating with water is as important to tennis players as good nutrition.



Brian Boland
UVA Men's Tennis Coach
2001-2017

NCAA Team Champions
2013, 2015, 2016, 2017
National Coach of the Year
ACC Coach of the Year
140-match ACC win streak
12 ACC Championships
13 ACC Season Titles
87% UVA win record

UVA Tennis Coach Goes Bananas for QuickStart!!!

Brian Boland, former UVA Men's Tennis Head Coach, emphasized good nutrition to his players. That's one reason why UVA won 12 ACC Championships, 13 ACC titles, six National Indoor titles and the National Team Championship in 2013, 2015, 2016 and 2017.

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Bag Check: On-court, Coach Boland always has water and bananas. He starts his day with water, cereal and fruit for breakfast. His favorite lunch is a turkey sandwich and a salad. For dinner, he likes chicken, pasta and vegetables. On special occasions, he has chocolate ice cream.