



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! 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’re on the tennis court, have a banana close by for quick energy, whole-grain cereal bars and plenty of water. Hydration is as important to tennis players as nutrition. Drink lots of water every day, especially in really hot and humid weather.



Brian Boland
UVa Men's Tennis Coach

**2013, 2015, 2016 NCAA
Team Championships**
ITA Coach of the Year
ACC Coach of the Year
140-match ACC win streak
11 ACC Championships
13 ACC Titles
88% UVa win record

Go HOOs!

UVa Tennis Coach goes Bananas for QuickStart!!!

Brian Boland, UVa Men's Tennis Head Coach, emphasizes good nutrition to his players on a regular basis. That's why UVa has won 11 ACC Championships, 13 ACC titles, five National Indoor titles and the National Championship in 2013, 2015 and 2016.

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Bag Check: On-court Brian always has water and bananas. Brian 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. For special occasions, Brian has chocolate ice cream.