



Go Bananas for QuickStart!



WHY do tennis players eat apples?

BECAUSE . . . APPLES

- Are full of energy to fuel your tennis match
- Are **rich in fiber** to keep you feeling full
- Are a sweet snack, with only **natural sugars**
- Are a good source of Vitamin C
- Are a cool fuel to eat before you play tennis
- As part of a **balanced diet**, give you the energy you need for exercise
- Are naturally low in calories
- Come in hundreds of varieties – Red Delicious, Golden Delicious, Granny Smith, Gala, Pink Lady, Fuji, Jonathan, Rome, McIntosh, Pippin, Stayman, Empire, Ginger Gold, many more
- **Taste really good!**



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

Eat an apple every day! An apple a day keeps the doctor away! Apples are the perfect, portable snack – great-tasting, energy-boosting, and free of fat. When you're on the tennis court, have an apple or banana close by for quick energy, whole-grain cereal bars for a quick post-tennis snack and plenty of water to drink as you play. Juicy apples help keep you cool!



Katja Wiersholm

Started playing at age 3
2016 Pacific Northwest
Girls 14U Singles &
Doubles Champion
2016 National Clay
Courts Champion
2016 National Hard
Courts Champion
#1 in Washington State
USTA Girls 12U National
Ranking #2

Junior Tennis Star Goes Bananas for QuickStart!

Twelve year-old Katja Wiersholm **Goes Bananas** for apples and QuickStart! Like most tennis players Katja eats apples and bananas for snacks. Fresh fruit provides lots of energy. Just ask Katja who played 13 matches in seven days to win her first national title!

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Bag Check On-court Katja always has lots of water, bananas, coconut water and Pedialyte. She starts the day with a banana, blueberry, pineapple and almond milk smoothie with granola. Her favorite lunch is a tomato soup with pasta. For dinner Katja likes Caesar salad, steak, broccoli and mashed potatoes. On special occasions, Katja enjoys sparkling apple cider and frozen yogurt for dessert.

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