



*Go Bananas for QuickStart!*



## WHY do tennis players eat berries?

### BECAUSE . . . BERRIES

- Are full of energy to fuel your tennis match
- Are **naturally sweet** and low in calories
- Are an excellent source of Vitamin C
- Are a good source of potassium – just like bananas!
- As part of a **balanced diet**, help give you the energy your body needs for exercise
- Come in lots of colors and varieties – blueberries, cranberries, strawberries, blackberries, raspberries
- Can be eaten fresh, frozen or dried
- Are FUN to grow and pick
- **Taste really good!**

### WHAT ABOUT BERRY SMOOTHIES?

Combine frozen berries with bananas and low-fat milk or yogurt in a blender to make a smoothie. Yummy!

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

**The more, the berrier!** There are so many berries to choose from – blueberries, strawberries, cranberries, raspberries, blackberries, and more. When you're on the tennis court, have a handful of berries 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. Hydration is also very important to tennis players. Drink four big bottles of water each day, more in really hot weather.



Photo Matt Riley

**Houston Barrick**  
**2009 & 2010 Co-Captain**  
**2009 ITA Regional**  
**Doubles Champion**  
**2010 ACC Tourney MVP**  
**2010 NCAA Singles**  
**All-Tournament Team**  
**223 career wins**

**Go HOOs!**

## **UVA Men's Tennis Co-Captain Goes Bananas for QuickStart!**

UVA's **Houston Barrick**, Co-Captain, **Goes Bananas** for berries and QuickStart! Like most tennis players Houston eats berries and bananas as often as he can. Fresh fruit gives tennis players lots of energy. Just ask Houston. He runs all over the court!

## **Go Bananas for QuickStart!**

**Bag Check** On-court Houston always has lots of water and bananas. He starts his day with a bagel with cream cheese or egg and cheese. His favorite lunch is chicken or turkey sandwich with cheddar and honey mustard. For dinner he likes grilled chicken, baked potato and salad. For special occasions, Houston loves cheese pizza.