



Go Bananas for QuickStart!

WHY do tennis players eat nuts & seeds?

BECAUSE . . . NUTS & SEEDS

- Have filling protein, fiber, unsaturated fats, and essential vitamins and minerals
- Are nutritious snacks
- Help keep hearts healthy
- Are easy to store, easy to pack in a tennis bag for a quick, healthy snack on court.

WHAT KINDS OF NUTS?

All nuts have protein, fiber and iron. Try a variety in your grocery store - almonds, brazil nuts, cashews, chestnuts, macadamia nuts, pecans, pistachios and walnuts. Each kind of nut offers slightly different vitamins and minerals that keep you healthy. So you'll know . . . peanuts are not nuts, but they are healthy legumes just like black beans and black-eyed peas.

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

A handful of nuts each day will give you lots of energy to play! A nut is a dry fruit with a seed that's enclosed in a hard, woody shell. All nuts are seeds (the fruit is the seed — think pecans), but not all seeds are nuts (the seed can be separated from the fruit — think pumpkin seeds). Nuts have been a part of the human diet since the beginning of history.



Henrik Wiersholm

Go HOOs!

UVa Clincher Goes Bananas for QuickStart!

UVa third-year Henrik Wiersholm Goes Bananas for QuickStart! and Goes Nuts! for Macadamia nuts. Tennis players know nuts make great snacks!

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Bag Check: On court Henrik has water, bananas, nuts and honey. His favorite breakfast is cereal and eggs. For lunch he likes to eat a grilled chicken sandwich. For dinner he has pasta and chicken. Henrik likes steak and mashed potatoes on special occasions like clinching the NCAA title.

Started playing tennis at age six
Played in US Open Juniors, Junior French Open and Junior Wimbledon
Went 11-1 in ACC singles play and 22-2 in dual match play in 2016
Clinched 2016 NCAA Championship