



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

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.

Go Bananas for QuickStart!

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.