



## *Go Bananas for QuickStart!*

### **WHY do tennis players eat balanced meals?**

#### **BECAUSE ... BALANCED MEALS**

- Provide all the vitamins, minerals and nutrients tennis players need for energy on the court
- Help build strong teeth and bones
- Keep hearts and brains healthy
- Help achieve and maintain a healthy weight
- Have fewer calories and less fat than fast foods, sodas and sweets
- Are delicious and very satisfying

#### **WHAT IS A BALANCED MEAL?**

A balanced meal consists of fruit, vegetables, whole grains, lean meats or plant-based proteins and dairy products in kid-sized amounts. Eat three meals a day.

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

**Think of food as a fuel!** To play your best, your body needs the proper fuel in the proper amounts. That's why eating balanced meals is so important. Fruits, vegetables and whole grains are slow to digest and provide a steady supply of energy all day. Healthy proteins are needed for energy too. Your brain also needs fuel. A balanced diet makes your brain perform better and keeps you feeling happy and healthy.



Dustin Taylor

**Standout out at  
University of Tulsa  
Four-time all-  
conference player  
ITA All-American  
Professional Tennis  
Coach  
USTA National  
Collegiate Coach**

### **UVa Assistant Coach Goes Bananas for QuickStart!**

UVa Men's Tennis Coach Dustin Taylor eats three balanced meals each day. He has his largest meal at lunch and eats a lighter meal at dinnertime. For a snack, he likes frozen green grapes.

### **Go Bananas for QuickStart!**

**Bag Check:** On court Dustin always has water, bananas and other fruit and energy bars (his Mom makes). His favorite breakfast is a veggie omelet, fruit and coffee with coconut milk. For lunch he likes to eat pasta and chicken or a turkey sandwich with an apple or orange. For dinner he has a salad with steak and potatoes. On special occasions he has any kind of Italian food. He really likes lasagna!