



## *Go Bananas for QuickStart!*

### **WHY do tennis players eat broccoli?**

#### **BECAUSE ... BROCCOLI**

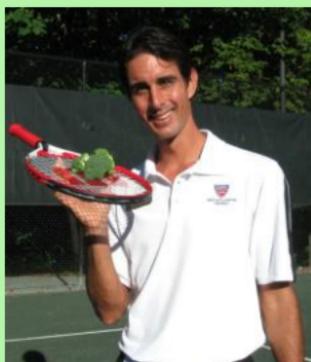
- Is a powerhouse of nutrition and a good source of multiple nutrients
- Is loaded with beta carotene and Vitamin C and iron – something athletes need plenty of!
- Is one of the few non-dairy sources of calcium
- Is low in calories and fat free
- As part of a **balanced diet**, help gives you the energy your body needs for exercise
- Looks like a tree and will help you grow too!
- Is delicious with cheese, dipped in low-fat dressing or all by itself!

#### **WHAT TO DO WITH BROCCOLI?**

Eat it raw for a quick snack. Throw some broccoli florets in a salad. Use it with a low-fat dip. Try it in a stir-fry. Steam it al dente. Eat it with its “cousin” Cauliflower. Serve it over pasta. Don’t overcook!

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

**Nutritional Powerhouse!** Broccoli is a superfood loved by many athletes, including tennis players. Versatile and easy to cook, broccoli is about 80% water. Hydration is very important to tennis players. Eating broccoli counts toward the four big bottles of water you should drink each day – more when you exercise, especially in really hot, humid weather.



**Rob Issem Goes Bananas for Veggies!**



**Especially broccoli!**

### **USTA National Trainer Goes Bananas for QuickStart!**

Rob Issem, USTA National QuickStart Trainer and competitive cyclist, **Goes Bananas** for veggies, especially yummy broccoli. Rob eats fruits, vegetables, whole grains and wild-caught seafood. He eats organic, locally grown foods when possible and avoids processed foods, artificial sweeteners and colors and high fructose corn syrup.

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

**Bag Check** On-court Rob always has lots of water and bananas. He starts his day with hot or cold whole-grain cereal or fruit-topped Belgian waffles. His favorite lunch is a big salad with an almond butter and raspberry preserves sandwich. His favorite dinners are vegetarian Thai and Indian foods. Rob celebrates special occasions with organic carrot cake.