



## *Go Bananas for QuickStart!*

### **WHY** do tennis players eat brown rice?

#### **BECAUSE ... BROWN RICE IS**

- A whole grain rich in 10 nutrients
- A complex carbohydrate that helps maintain blood sugar levels and provides long-lasting energy
- Full of vitamins and minerals needed for energy production, healthy bones and muscle development
- A concentrated source of fiber that helps keep your heart healthy
- Cool fuel to eat before you play tennis
- Chewier and more FUN to eat than white rice.
- **Tastes great** by itself or with many other foods, especially vegetables!
- **AND**, its “cousin” – Wild Rice – is just as tasty and just as good for you and your tennis.

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

**Eat brown rice every day . . . there's lots of tennis to play** Brown rice is the perfect way to fuel up! It's tasty, energy boosting and fat free. Its cousin Wild Rice has a nutty flavor and is crunchy. Mix brown and wild rice together with grilled veggies for a real tasty dish! Whole grains are the perfect fuel for tennis players. And don't forget to drink lots of water each day, more when you exercise and in really hot and humid weather.



**Philippe Oudshoorn**  
**#102 Singles Player**

**Started playing at age 5**  
**Speaks three languages**  
**Philippe loves rice!**  
**Philippe houdt van rijst!**  
**Philippe liebt reis!**

**Go HOOs!**

### **UVa Men's Tennis Player goes Bananas for QuickStart!**

Third-year **Philippe Oudshoorn**, whose home is in the Netherlands, **Goes Bananas!** for brown rice, wild rice and QuickStart! Like most tennis players Philippe eats lots of fruits and bananas, but he really LOVES rice!

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

**Bag Check:** On-court Philippe always has lots of water and bananas. Philippe starts his day with fruit, yogurt and juice. His favorite lunch is a chicken or turkey sandwich on toasted wheat bread with lettuce, tomato and pickles. For dinner he likes chicken, rice and steamed vegetables. For special occasions, he has pasta alla bolognese.