



Go Bananas for QuickStart!

WHY do tennis players eat cabbage?

BECAUSE ... CABBAGE

- Is a leafy storehouse of nutrients
- Is a good source of Vitamin C
- Is very low in calories and sodium
- Tastes DELICIOUS raw, steamed, lightly sautéed, stuffed and in soups
- Can be found in green, red or purple
- Is a cruciferous vegetable just like broccoli, cauliflower, collard greens and kale

GO GREEN, PURPLE, RED or even CHINESE (Bok-Choy & Napa) WITH CABBAGE!

Make colorful and tasty coleslaw using all the different cabbage varieties. Put chopped cabbage in a salad! Try loose-leaf Savoy cabbage – use cabbage leaves instead of tortilla shells for tacos. Give German sauerkraut (fermented cabbage) a try. Try some pickled cabbage!

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

Eat cabbage almost every day! GO GREEN, PURPLE OR RED before you play! Cabbage has been around for thousands of years and is eaten all over the world. The United Nations even declared cabbage one of the top 20 vegetables. Cabbage is a biennial plant, so it has a two-year lifecycle.



Photo Matt Riley

Marie-Ambroisine Faure

Started playing tennis at age 4

Grew up in Toulouse, France

First-year singles record: 22-8

First-year doubles record: 15-5

Elle adore jouer au tennis!

Go HOOs!

UVa Tennis Player Marie-Ambroisine Faure Goes Bananas for QuickStart!!!

Marie eats lots of fruits and vegetables and plays lots of tennis. She especially likes le petit chou (that's French for little cabbage). Eating lots of vegetables is part of French culture. They keep you healthy and make you strong so you can be active and feel good!

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Bag Check: On court Marie has bananas, energy bars, dried fruits for their healthy sugar and water. Her favorite meal is breakfast. She has eggs, oatmeal, orange juice and a banana. For lunch Marie likes pasta with chicken or pork and a salad. For her, dinner is a light meal – salad and a piece of chicken with yogurt for dessert. On special occasions, Marie has a variety of cheeses.

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