



Go Bananas for QuickStart!



WHY do tennis players eat carrots?

BECAUSE ... CARROTS

- Are naturally low in fat, calories and sodium
- Are packed with Vitamin A, which helps you see at night
- Have lots of fiber to keep you feeling full
- Are good sources of iron and Vitamin B6
- Help tennis players see the ball better
- Can be eaten raw or cooked in many different ways, and can even be juiced
- Can easily be carried in tennis bags
- **Taste really good!**

WHAT ABOUT CARROT JUICE?

One cup of carrot juice is loaded with Vitamin A and lots of Vitamin C and potassium. Carrot juice is also really good blended with other veggies. Blend carrot juice with yogurt for a Carrot Smoothie. Yum!

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

Eat with veggies with every meal! Half of our meals should be fruits and veggies. Carrots are great for meals and snacking too. Carrots are delicious sliced and steamed, and they're great in soups or shredded in salads or cole slaw. Thanks to European settlers, over 60 varieties of carrots grow in the U.S., and there's even a virtual World Carrot Museum online!

UVa Women's Singles Star Goes Bananas for QuickStart!

Lindsey Hardenbergh, UVa Women's #1 singles player loves to eat carrots. Her favorite snack is carrot sticks and hummus. She also likes to snack on walnuts, cashews, almonds and dried cranberries.

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Bag Check Before a match Lindsey likes protein. She eats a bagel with eggs, grilled chicken or a protein bar. On the court Lindsey always has bananas, protein bars and plenty of water and Gatorade. Lindsey starts her day with an omelet and raisin bran with a banana. Her favorite lunch is a turkey sandwich and a salad. For dinner she likes lean meats or seafood and lots of vegetables like carrots. For special occasions, Lindsey prefers chocolate ice cream in a bowl with milk.



Photo Matt Riley

Lindsey Hardenbergh

- **No.1 UVa Singles Player**
- **ACC Player of the Week**
- **Ranked #72 in U.S. college tennis**
- **UVa Team Co-Captain**

Go HOOS!