



Go Bananas for QuickStart!

WHY do tennis players eat grapes?

BECAUSE . . . GRAPES

- Are packed with fiber and vitamins
- Are juicy, helping to hydrate you
- Come in different colors
- Are a quick grab-and-go snack
- Can be frozen for a cool treat
- Are available year-round
- Are bite-size and sweet, a perfect dessert!

WHAT KINDS OF GRAPES ARE THERE?

Three main species – European, American and French. Three grape varieties – white/green, red/purple and blue/black. Grapes can be seedless or come with seeds. Grapes are a form of berry. They are round or oval in shape with a variety of sizes, colors and tastes. They can be eaten fresh or dried. All grapes taste delicious and they always make terrific snacks.

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

Add grapes to your list of go-to foods. Grab a small bunch of grapes before you play. If you drink grape juice, make it no more than one small glass a day and fill up on water all day long! Did you know grapes are very historic plants? They have been grown for over 8,000 years. The most widely planted grape today is the green Thompson Seedless variety. Be sure to rinse grapes well before eating!



Alina Ackenbom

USPTA Tennis Pro

Born in Russia

Started playing at age 7

Nationally ranked junior

M.Ed., University of Ufa

Camp Friendship Tennis

Director since 1997

**Became a U.S. citizen in
in 2012**

Friendship Tennis Academy goes Bananas for QuickStart!

Alina Ackenbom, an international tennis professional, **Goes Bananas!** for grapes and QuickStart Tennis! Like most tennis players Alina eats lots of fruits, but she really LOVES grapes!

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Bag Check: On-court, Alina snacks on bananas and granola bars. She starts her day with a veggie and cheese omelet, whole-grain toast and fruit. Her favorite lunch is tomato soup and a hot grilled turkey sandwich. For dinner she likes to fix salmon, haddock or cod, seasoned with Old Bay, turmeric and olive oil, served with asparagus, rice and a salad. For special occasions, she prepares Russian dishes like Borscht. She likes to drink black and green teas.

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