



Go Bananas for QuickStart!

WHY do tennis players eat green beans?

BECAUSE GREEN BEANS ARE . . .

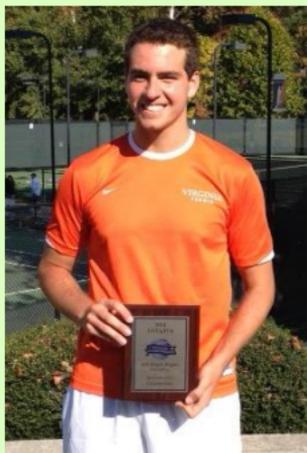
- Wholesome and nutritional vegetables
- A good source of Vitamin C and excellent source of iron
- Very low in calories
- Rich in heart-protecting fiber
- Delicious eaten raw, steamed or stir-fried
- Convenient and still healthy if frozen or canned
- Easy and fast to cook!

WHAT ARE BUSH BEANS? POLE BEANS? STRING BEANS? SNAP BEANS?

Bush beans grow on plants. Pole beans grow on vines. String beans have a string that runs the length of the bean pod. Snap beans are easily snapped in two.

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

Eat lots of green beans in the summer when they're fresh and local. Did you know green beans originated in Peru? They were taken to Europe by Spanish explorers in the 16th century where they became a favorite vegetable. When they got to France, the French called them "haricots verts." Today they are grown all over the world!



Ryan Shane

Started playing at age 2
Undefeated at JEB Stuart
High School
ITA Player to Watch
ITA Regional Singles &
Doubles Champion
Two-year record: 48-13
in singles
Ranked as high as #22

UVa Men's Tennis Star goes Bananas for QuickStart!

Third-year **Ryan Shane** *Goes Bananas!* for green beans and QuickStart! Like most tennis players Ryan eats lots of fruits and vegetables, but he really **LOVES** green beans!

Go Bananas for QuickStart!

Bag Check: On-court Ryan always has lots of water and bananas. He starts his day with oatmeal, apples and orange juice. His favorite lunch is a turkey and cheese sandwich with a glass of milk. For dinner he likes grilled chicken and pasta. For special occasions, Ryan has grilled salmon with brown rice and asparagus.

Go HOOs!