



## *Go Bananas for QuickStart!*

### **WHY do tennis players eat oranges?**

#### **BECAUSE ORANGES ...**

- Are juicy, delicious and low in calories
- Are an excellent source of Vitamin C
- Also have lots of other vitamins to keep you healthy and energized
- Are packed with fiber to keep you feeling full
- Are loaded with potassium
- Can be eaten fresh or juiced
- Come in many varieties
- Have cousins – tangerines and clementines
- Taste really **REFRESHING!**

#### **ORANGE and BANANA SMOOTHIE RECIPE**

Combine one peeled, sectioned orange, 1/2 cup cold skim milk, one banana (chopped), one tsp. vanilla, one tbsp. sugar and 12 ice cubes in a blender. Blend until smooth. **BOY is that DELICIOUS!**

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

**Eat lots of fresh fruit every day!** Oranges are grown in tropical and subtropical climates like California, Florida and Brazil. There are two popular types of oranges – common oranges like Valencias and navel oranges. Navels are better for eating. Common oranges are better for juice. Navel oranges have no seeds, so new trees are created from cuttings and grafts, and all navel oranges are clones. There are over 600 different varieties of oranges around the world.



Photo Matt Riley

### **Coach Andrés Pedrosa**

Started tennis at age 9  
All-American Singles at  
Duke University, 2000/01  
ATP Singles Rank of 270  
ATP Doubles Rank of 255

**“Do your best! Have FUN!”**

**Go HOOs!**

### **UVa Men's Tennis Coach Goes Bananas for QuickStart!**

**Andrés Pedrosa**, UVa Associate Coach, **Goes Bananas** for oranges and QuickStart! Andrés really likes oranges because they give him plenty of Vitamin C, which is really important for his immune system to stay healthy.

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

**Bag Check** On-court Andrés has water, bananas and granola bars. He starts his day with eggs and whole wheat toast. For lunch he keeps it simple and goes for a turkey sandwich on whole wheat with lettuce and tomato and a little mustard. For dinner he likes pasta with protein – chicken, fish or lean meat, and marinara sauce, no cream sauces. His favorite foods are anything Cuban.