



Go Bananas for QuickStart!



WHY do tennis players eat pasta?

BECAUSE . . . WHOLE-GRAIN PASTA

- Is one the world's **healthiest foods**
- Is made of **whole grains**, contains complex carbohydrates and is low in fat and cholesterol
- Loaded with minerals for energy production, healthy bones, muscle tone and weight management
- Is a concentrated source of fiber
- A cool fuel to eat before you play or practice tennis
- Replaces vitamins and other nutrients that are lost during exercise
- Has many interesting shapes and flavors
- **Is great topped with veggies!**
- Can be eaten warm in Italian dishes or cold in pasta salads
- **Tastes really good!**

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

Eat pasta before you play! Whole-grain pasta with tomato or pesto sauce is the perfect way to fuel up! It's great-tasting, energy-boosting and low fat. Whole grains are the perfect fuel for tennis players. And don't forget to drink six to eight 8-ounce glasses of water each day, more when you exercise and when it's really hot weather.



Photo Matt Riley

Jarmere Jenkins

2013 ITA National Player of the Year
2013 UVa Male Athlete of the Year
2013 NCAA Doubles Champ
2013 NCAA Singles Finalist
ITA National Senior Player
2013 ITA #1 in Singles
2012 & 2013 Singles and Doubles All-American

Go HOOs!

UVa Men's Standout Goes Bananas for QuickStart!

Jarmere Jenkins, who played #1 singles on the UVa Men's Tennis Team, **Goes Bananas** for whole-grain pasta and QuickStart! Like most tennis players JJ eats pasta for lunch or dinner, and bananas and other fruits for snacks. Whole-grain pasta gives tennis players lots of energy. Just watch JJ run and jump!

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Bag Check On-court JJ always has lots of water and bananas. He starts his day with a protein shake, two plain bagels and some fruit. His favorite lunch is a roast beef sandwich with fruit. For dinner he likes Cajun chicken pasta. For special occasions, he has apple pie with vanilla ice cream.