



Go Bananas for QuickStart!

WHY do tennis players eat bell peppers?

BECAUSE BELL PEPPERS . . .

- Are packed with Vitamin A and Vitamin B6
- Are good sources of potassium (like bananas!)
- Have lots of fiber to keep you feeling full
- Are juicy and help hydrate your body
- Can be eaten raw, roasted, grilled or as an ingredient in stir-fries and other dishes
- Come in lots of different colors – red, orange, yellow, green, brown, purple
- **Taste SWEET and DELICIOUS!**

PEPPERS: HOT OR SWEET?

Bell peppers are sweet, plump and bell-shaped. They are not “hot.” Capsaicin makes peppers “hot” and is found in teensy amounts in bell peppers. Hot peppers are called chili peppers, they have different shapes and they can be very **HOT!** If you eat something too hot, drink milk or eat yogurt to cool off your mouth.

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

Peppers are a healthy life food! Raw bell peppers have a tangy taste and crunchy texture. They have been grown for more than 9,000 years in Central and South America. The name "pepper" was given to this food by Europeans who came to North America in the 1600s. The original name for this vegetable in Spanish was *pimiento*. ***Buen apetito!***



Photo by Matt Riley

Rachel Pierson

Started tennis at 3

**MVP -- USTA Girls
18 National Team
Championships**

**#5 college recruit
in 2013**

**Trained in Austin, TX
for two years**

Is 6 feet 1 inch tall!

UVa First Year Goes Bananas for Bell Peppers!!!

Rachel Pierson, likes to eat fruits and veggies. One of her favorite vegetables is bell peppers because they add flavor, color and crunch to healthy meals. Her favorite pepper recipe is bell peppers stuffed with lean ground beef, rice, chopped onion, topped with tomato sauce and cheese and then slowly baked.

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Bag Check: On court Rachel always has Kind Protein Bars, bananas and water with Nuun hydration tablets. Her favorite breakfast is steel-cut oatmeal with low-fat yogurt, raspberries, blueberries and walnuts. For lunch Rachel likes grilled chicken over sautéed mushrooms and onions. Her favorite dinner is butternut squash soup, salad and chicken. For special occasions, Rachel likes Halo Pub's Mint Cookies 'n Cream ice cream.