



## *Go Bananas for QuickStart!*

**WHY** do tennis players eat tomatoes?

### **BECAUSE ... TOMATOES**

- Are naturally low in fat, calories and sodium
- Are packed with Vitamin A and lycopene, which protects cells from damage
- Have lots of fiber to keep you feeling full
- Are an excellent source of Vitamin C – just like oranges
- Can be eaten raw, sun-dried, as juice or as the main ingredient in spaghetti and pizza sauces
- **Are sweet and juicy!**
- **Taste DELICIOUS!**

### **TOMATO: A FRUIT OR A VEGGIE?**

Actually, a tomato is a big berry! However, in 1893 the U.S. Supreme Court settled the fruit vs. veggie dispute by declaring the tomato a vegetable because they are served with dinner not as a dessert. Today tomatoes are the State fruit **and** State vegetable of Arkansas!

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

**Tomatoes are a healthy life food!** Half of our meals should be fruits and veggies. Tomatoes count towards this! They can be easily added to many dishes. Today there are over 4,000 tomato varieties, ranging from tiny grape tomatoes (good finger food) to large beefsteaks that are great for sandwich slices. They're all delicious, especially with a little olive oil and balsamic vinegar!



Photos Matt Riley

## **UVa Women's Tennis Player Goes Bananas for QuickStart!**

**Erin Vierra**, UVa Women's second year player loves to eat tomatoes, fruits and all kinds of veggies, and she loves QuickStart!

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

**Bag Check** Before a match Erin eats protein bars and bananas. On court she always has bananas and water. Erin starts her day with eggs, a bagel with peanut or almond butter and bananas. Her favorite lunch is turkey or grilled chicken on whole wheat bread with lettuce and tomato. For dinner she likes pasta with marinara and protein (grilled chicken, meatballs, etc.). For special occasions, Erin has steak, potatoes, broccoli and corn.

#### **Erin Vierra**

- Ranked as high as **#29 in the country**
- **Started playing at six**
- **#1 player in New England Region (18s)**
- **Won UK Invitational doubles title with UVa teammate Lindsey Hardenbergh**

**Go HOOS!**