



## *Go Bananas for QuickStart!*

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

#### **BECAUSE ... WATERMELON**

- Is naturally low in fat, calories and sodium
- Has lots of Vitamins B1 and B6, as well as lycopene, which protects cells from damage
- Is 92% water – great for hydration
- Cools your body after physical activity
- Is rich in Vitamin C, just like oranges and tomatoes
- Can be eaten before, after or during meals, and can even be juiced
- **Tastes really good and is really juicy!**

#### **WATERMELON KEBOBS**

Cut watermelon, smoked turkey and cheddar cheese into one-inch cubes, and skewer on stirrers or straws. Use other fruits such as strawberries, blueberries or grapes with watermelon. Yummy! How many different ingredients can you use with watermelon?

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

**Eat fruits with every meal!** Half of our meals should be fruits and veggies. Watermelon, along with its cousins, cantaloupe and honeydew, is a delicious fruit. There is even a National Watermelon Association that has terrific recipes for kids on its website, [www.watermelon.org](http://www.watermelon.org)! Enjoy some watermelon and remember to drink lots of water when you play.

### UVa Women's Singles Star Goes Bananas for QuickStart!

**Hana Tomljanovic**, UVa Women's #3 singles player loves watermelon because it's refreshing and tastes really good! She loves to eat watermelon, especially when it's hot outside.

### Go Bananas for QuickStart!

**Bag Check** Before a match Hana usually eats light – a power bar. On the court Hana always has bananas and water. She starts her day with cereal and sometimes has a bagel with an egg. Her favorite lunch is chicken salad with olive oil and vinegar. For dinner she likes to have grilled salmon and a side salad. She really likes spinach! For special occasions, Hana likes to eat steak with vegetables and mashed potatoes.



**Hana Tomljanovic**

- **No.3 UVa Singles Player**
- **Started playing tennis at age six**
- **Speaks English, Croatian and German**
- **Favorite shot: forehand**

**Go HOOS!**