



Go Bananas for QuickStart!

WHY do tennis players eat whole grains?

BECAUSE . . . WHOLE-GRAINS

- Retain their nutrient-rich outer layers
- Have a fun texture to spice up recipes
- Are packed with fiber to keep you feeling full longer
- Are rich in vitamins and minerals
- Add more flavor to your food
- Include popcorn – a yummy snack
- Are the healthiest kinds of grains
- Offer so many different choices!

LOTS OF WHOLE GRAIN CHOICES:

Amaranth, barley, buckwheat, popcorn, millet, oats, quinoa, brown rice rye, sorghum, teff, triticale, wheat, (including varieties such as spelt), emmer, farro, einkorn, Kamut®, durum, and forms such as bulgur, cracked wheat, couscous, wheatberries, and wild rice.

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

Eat whole grains every day! Eat whole grains before you play! Give new grains a try. Make risottos, pilafs and other rice-like dishes with whole grains such as barley, brown rice or quinoa. Look for cereals made with grains like Kamut®, buckwheat or spelt. Eat whole-grain pasta and whole-grain breads. Did you know September is “Whole Grains Month?”



Alanna Broderick
#1 Junior in Jamaica
#1 player at University of Miami (FL)
Started playing tennis at age 11
WTA Tour 2002-2004
Four WTA doubles titles

USTA National Manager Goes Bananas for QuickStart!

Alanna Broderick, USTA National Manager of Youth Play & Competition, LOVES tennis and whole grains. Her favorite whole-grain recipe is for pancakes that include whole wheat flour, rolled oats and cornmeal. She adds a few blueberries for color.

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Bag Check On-court Alanna always has lots of water, bananas and a granola bar. She starts her day with Greek yogurt and fruit. Her favorite lunch is a turkey and cheese, whole-wheat wrap with lettuce and balsamic vinaigrette dressing. For dinner Alanna likes roasted chicken with brown rice and steamed broccoli. For special occasions, she has margherita pizza on whole-wheat crust or lobster risotto.