



Go Bananas for QuickStart!

WHY do tennis players eat cauliflower?

BECAUSE ... CAULIFLOWER

- Is jam-packed with Vitamins C
- Is high in fiber to keep you feeling full
- Is super healthy! (Low in fat, calories, sodium and cholesterol)
- Can be prepared in many healthy ways – raw, steamed, sautéed, roasted, grilled or stir-fried
- Comes in many colors – white, purple, orange and green
- **Tastes great** raw or cooked!

WHAT IS A CRUCIFEROUS VEGETABLE?

Cauliflower is a cruciferous vegetable and is in the same plant family as broccoli, kale, cabbage and collards. Its compact head (curd) is made up of unopened flower buds (florets). When broken apart into separate buds, cauliflower florets look like a little tree. Cruciferous means cross-like.

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

Eat cauliflower for crunch! Cauliflower traces its ancestry to the wild cabbage that originated in ancient Asia Minor and resembled kale or collards. It has been an important vegetable in Turkey and Italy since at least 600 B.C. Cauliflower is enjoyed worldwide.



Maci Epstein

Started playing tennis at age 3
2012 Florida Open Champion
2012 AA Florida State Champion
First Year 16-5 doubles record with Erin Vierra (Tomatoes card)
Second Year 15-6 doubles record with Danielle Collins (Cucumbers) and 13-5 with Stephanie Nauta (Radishes)

UVa Tennis Player Goes Bananas for Cauliflower and QuickStart!

Maci Epstein, UVa third-year, likes to eat vegetables, especially cauliflower because it's so healthy. Healthy foods make her feel good. Maci says, "You gotta feel good to play good!" Her favorite cauliflower recipe is cauliflower sautéed with olive oil and garlic.

Go Bananas for QuickStart!

Bag Check: On court Maci always has bananas, water, Gatorade, towels, extra socks and energy chews. She starts her day with egg whites and an apple with peanut butter. For lunch she likes a salad with lots of protein like chicken or fish. For dinner Maci usually has a spinach salad, grilled chicken and cauliflower. For special occasions, Maci likes to eat spicy tuna sushi!