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For the perfect serve, serve the perfect fruit

The Wimbledon Championships are just around the corner – the grass is being manicured, while players are preparing for the biggest matches of the year.

And did you know the tennis season coincides with the season for one of the best fruits to eat if you're playing sport?

Peruvian Hass avocados are widely available from May to September and are a great friend for tennis players and other sportspeople alike. Nutritionists say that, per 100g, Hass avocados contain 12.5% more potassium than bananas, tennis players' favourite food. Potassium helps maintain nerve and muscle functions and balance of fluids in the body, so it might be the key in a tennis match.



Moreover, according to nutritionists Hass avocados will keep the body feeling full for longer, which is perfect when the body is craving fuel; they also help stabilize blood sugar levels, contain 11 of 13 known vitamins and are very high in fibre.

Fernando González, for instance, loves Hass avocados and has always included them in his diet. He said: "I've eaten them since I was a child. Their high potassium content means they fit well with what I do now."

"Avocados are great to include in the diet - not just for tennis players like Fernando but for everybody, sporty or otherwise" according to leading sports dietitian Jane Griffin.

No wonder why avocados are claimed to be "the most nutritious of all fruits that are commonly eaten raw" by The Guinness Book of Records.

So why not try a typical Peruvian breakfast before you jump on the court? Avocado spread on toast is a healthy alternative to other spreads and will help you to give your best during the match. It is simple: 1. Use a spoon to scoop out the avocado into a bowl and roughly mash with a fork 2. Spread thickly on fresh toast, season to your taste with salt and pepper 3. Enjoy!

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