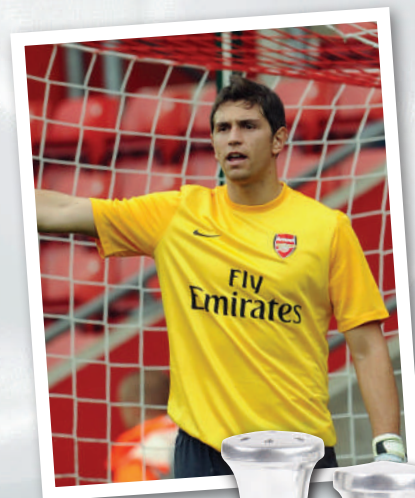


# GOURMET GUNNERS

NAPOLEON SAID 'AN ARMY MARCHES ON ITS STOMACH' AND FELLOW FRENCHMAN ARSÈNE WENGER CERTAINLY NEEDS HIS TROOPS TO BE WELL FUELLED IF THEY ARE TO FIRE ON ALL CYLINDERS FOR THE FIRST TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH IS GOALKEEPER **DAMIEN MARTINEZ**



**What would you say is your favourite food?**

Argentine steak cooked on a barbecue – we call it an 'Asado'.

**What is your favourite restaurant – either to visit regularly or as a treat?**

There is a nice one in Cockfosters called Miracles, which serves Turkish food.

**What is the first thing you'll look for on a menu?**

Steak, of course!

**Tell us the perfect person for you to go to a restaurant with.**

My girlfriend and my friends.

**What's the main cuisine in your home city?**

It's the Asado, as I said just now!

**What do you like to eat for breakfast?**

Just yoghurt with cereal.

**...and a late night snack?**

Probably yoghurt then as well!

**Did you have school dinners?**

No, I took my own food and that was much better.





**How do you like to eat your eggs?**

Scrambled please!

**What do you like on toast?**

Butter and dulce de leche, which we eat in Argentina.

**Favourite three vegetables?**

I'll say two – tomatoes...and please can I call eggs a vegetable?!

**Your favourite cold drink?**

Just water is fine for me.

**...and hot drink?**

Coffee with milk.

**What's your secret vice?**

I don't really eat anything bad, but maybe a chocolate bar now and again.

**Tell us what you have for Christmas dinner?**

We have the Asado in Argentina, of course – there will be a huge amount of pork with every side dish you can imagine!

**Which of your team-mates has the strangest taste in food?**

Hector Bellerin! He eats everything he can get his hands on, but he's still so skinny. Maybe it's because he can run so fast.

**What dish do you cook the best?**

Asado, again – I've had plenty of practice.

**Finally, when you go for lunch at the training ground, tell us three things you hope Rob the Chef has on the menu that day?**

Chicken, pasta and fish will do for me – maybe with some potatoes as well.



Scrambled eggs



Hector Bellerin

## COLLINS GEMS



Arsenal's nutritionist James Collins has given us the benefit of his extensive knowledge by providing readers with dietary advice. As we come to the end of another volume, we pick out a few of our favourite tips. What were yours?.

### MARVELOUS MILK

The best drink to aid your recovery if you have been exercising is milk. This is because it contains carbohydrates to refuel muscles and protein for muscle growth and repair.



### START FUELLED

Slow-releasing carbohydrates provide a sustained energy during exercise. Cereals such as muesli or porridge are great choices!

### BRIGHT FUTURE

There are particular antioxidants found in onions, apples, blueberries, hot peppers, tea and broccoli, which can reduce the risk of becoming ill. In general, brightly coloured fruit and vegetables often contain the highest amounts of antioxidants.



### THE FLUIDS

Drinking regularly to stay hydrated is important to maintain your metabolic rate. Green tea is an excellent drink to add to the daily routine, as the polyphenols within it breakdown fat and increase metabolism!

### GET SOME SLEEP

Being sleep deprived interferes with appetite. It overproduces an appetite-stimulating hormone called ghrelin, and reduces production of leptin (a hormone which tells your body to stop eating). These changes can result in overeating, which can potentially wreck all of the dietary planning.

### ALCOHOL THE ENEMY

Alcohol can cause dehydration resulting in reduced cognitive and physical function. It can also interfere with energy production, as the liver has to first process alcohol, meaning it is less efficient in producing and regulating blood sugar. This will result in low blood glucose, consequently meaning the body will not be able to maintain exercise at a high level intensity.