

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 HIS FIRST-TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH WE CATCH UP WITH 'SOUPER' **PER MERTESACKER**.



What would you say is your favourite food?

Tomato soup – I'm not sure where I get that from, but I'm very happy when the chef makes some just for me! He's getting better and better at it, so I'm very proud of him!

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

I try to test a lot of different ones in London – I've found delicious Asian food, Italian food and plenty more. I don't have a favourite but I like to sample a lot of different possibilities.

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

The starter! But specifically a soup or a salad. I try to eat properly!

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

My team-mates – you spend a lot of time with them, but mainly at the training ground, so it's good to go for dinner together and get to know them better.

What's the main cuisine in Germany?

Well, everybody thinks that German food is all about sauerkraut and sausages, but that's the Bavarian style



and doesn't count for the entire country. It's a good part of the country's cuisine, of course, but there are a lot of regional variations – green or brown cabbage in different areas, meals with fish in the north, so it's hard to generalise. The quality is very good, though, and I like it a lot.

What do you like to eat for breakfast?

Soya yoghurt.

...and a late night snack?

Sometimes bread with Nutella, sometimes fruit – it depends on the level of hunger!

Did you have school dinners?

No, my mum made big packed lunches for my two brothers and I. It had bread, apples, apple juice with sparkling water – a drink special to Germany – and a few other things. It wasn't bad!



How do you like to eat your eggs?

Scrambled, without too much milk.

What do you like on toast?

Definitely Nutella.

What are your favourite three vegetables?

Broccoli is number one! But I like a lot – carrots and courgette included.

What's your favourite cold drink?

I drink a lot of still water – it's vital for me.

...and hot drink?

I don't really like hot drinks, but will sometimes have a hot chocolate.

Tell us what you have for Christmas dinner?

Duck with red cabbage and knodel, which are potato balls that you don't get in England.

Which team-mate has the most unusual taste in food?

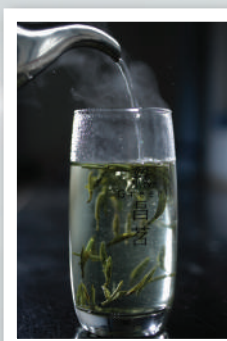
Emmanuel Frimpong – I've seen him eat toast, Nutella and beef together! I never want to witness that again.

What dish is your wife/partner best at cooking?

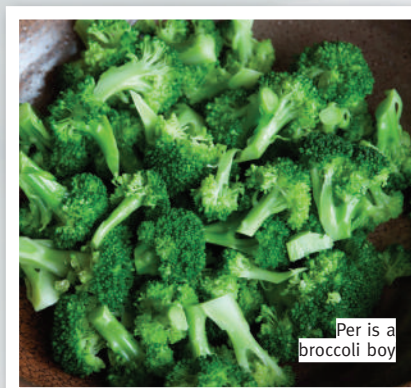
I like everything she cooks! But especially rice with chicken and some tasty sauce.

Finally, when you go for lunch at the training ground, tell us three things you hope will be on the menu that day?

Tomato soup is one, of course. Then fish for main course with vegetables, rice and salad – and sometimes a banoffee pie to finish it all off!



Knodel – part of Per's Christmas



Per is a broccoli boy

COLLINS GEMS



Arsenal nutritionist James Collins knows the exact nutritional requirements to ensure the first-team players are fuelling themselves with the correct food and drink, both before games and in recovery after a match.

James gives us the benefit of his extensive knowledge each month, providing readers with tips as to how their diet can be beneficial when undertaking sport.

BOOST YOUR METABOLISM

Metabolism is a key word for those watching their weight. It describes the process of producing energy (burning calories) that the body uses to function. Here are some changes to rev yours up:

TIP 1

The workout

Don't always opt for the slow jog. High-intensity exercise delivers a bigger and longer lasting increase in metabolism, which continues after you have finished exercising. This means you can still be burning extra calories when back at your desk!

TIP 2

The foods

Eat plenty of protein-rich foods – approximately 25 per cent of calories in protein-rich foods are burnt off during digestion. But make sure to choose low-fat protein foods such as lean meat, skinless chicken and low-fat dairy products.

TIP 3

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!