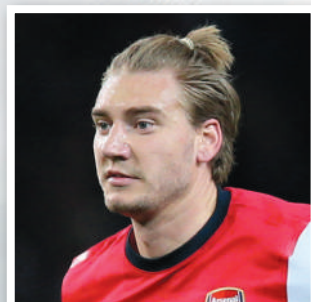


GOURMET GUNNERS



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 spinach loving forward

NICKLAS BENDTNER



What would you say is your favourite food?

Pizza.

And your favourite topping?

A big salami.

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

I can't pick just one. There are so many good ones.

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

Well, when you go into a restaurant the first thing they give you is the wine menu, so that's the first thing you look at! But I only look, of course.

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

My friends.

What is the main cuisine in Denmark?

Scandinavian food.

What do you have for breakfast?

Yoghurt and coffee.

...and a late night snack?

Sweets or nuts.



Did you have school dinners?

No.

Yoghurt and coffee.

How do you like to eat your eggs?

Boiled.

What do you like on toast?

Ham and cheese.

Favourite three vegetables?

Broccoli, green beans and spinach.



Nicklas loves his greens



Your favourite cold drink?

Faxe Kondi – it's a Danish soda, like Sprite.

...and hot drink?

Tea.

What's your secret vice?

Cheese.

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

We all eat the same. No one eats anything weird. Not that I see, anyway.

What dish do you cook the best?

I never cook, but probably the best thing I could cook would be pasta.

Best dish your girlfriend can cook?

She's an amazing cook. She can cook anything. I'm not just saying that to score points, honestly. I would say Pasta Arrabbiata.

Tell us what you have for Christmas dinner?

Duck, pig, potatoes, brown sauce and cabbage.

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

Sea bass, spinach – I love spinach – and tomato soup.



Tea



Pasta Arrabbiata



Tomato soup



Sea bass



COLLINS GEMS



DIET TIPS TO ENHANCE CONCENTRATION

Do you have a busy day ahead in the office and need help focusing? Or maybe you are studying for exams and want to increase your concentration. Research has shown that compounds found in certain foods can have a beneficial effect on your concentration levels. Follow these six tips for what to eat and drink to sharpen your mind...

GET YOUR COFFEE FIX – A central nervous system stimulant, the caffeine in coffee increases your alertness and focus, giving overall positive effect on behaviour and concentration levels. However, limit to three cups per-day to prevent unpleasant side effects such as heart palpitations, headaches and irritability.

UP YOUR INTAKE OF OILY FISH – The omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are found in oily fish, such as salmon. Omega-3s are believed to have a positive effect on cognitive health, slow mental decline and enhance concentration and memory. Eat oily fish twice-a-week to gain the benefits.

MANAGE YOUR BLOOD SUGAR – When your blood sugar drops, you can experience dizziness, headaches and reduced concentration. Controlling blood glucose levels is key to maintaining mental alertness and concentration through the day.

EAT SMALLER MEALS MORE REGULARLY – When that 3pm concentration crash happens, snack on low-fat yoghurt with cinnamon and almonds. Cinnamon has been shown to help regulate blood sugar levels and it also acts as a natural sweetener.

BREAKFAST – THE MOST IMPORTANT MEAL OF THE DAY A review of three separate studies concluded that breakfast consumption affects cognition via several mechanisms, including an increase in blood glucose. Try to eat foods that release energy slowly throughout the morning, such as porridge or wholegrain muesli.

STAY HYDRATED – Dehydration can lead to brain foggy and a lack of focus. Make sure you keep your fluids up especially in warmer climates. Try drinking coconut water as its electrolyte content will ensure you remain well hydrated. Plus, with a very minimal sugar content, coconut water won't cause spikes in your blood glucose levels like other fruit juices or soft drinks do.

GO GREEN – Dark leafy green vegetables help your brain to function as we get older. A study published in the Neurology Journal concluded that a high vegetable intake may be associated with slower rate of cognitive decline with older age. This includes memory and concentration!