

# 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

**THOMAS VERMAELEN**



When it comes to Sushi, there's no doubting Thomas



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

I really like Sushi – that's my favourite.

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

I like Japanese food so Japanese restaurants are my favourite. There are so many nice ones in London, I don't really have a regular that I go to.

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

It would always be fish – I love seafood.  
I'm not really a big meat eater, unless it's white meat like chicken.

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

Most of the time I go to restaurants with my girlfriend.

**What's the main cuisine in Belgium?**

Typical Belgian food is fries, steak, waffles and chocolate. That's a traditional Belgian meal.



A lot of waffles in Belgium

**What do you have for breakfast?**

Porridge.

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

That depends how hungry I am. I don't often have a late-night snack, but if I do it will be something like cereal or yoghurt.

**Did you have school dinners? What were they like?**

No, I took my own lunch.

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

Oh, that's a difficult question! But if I really had to choose just one, I would go for fried eggs.



Frid get the vote – just!



Favourite spread



**What do you like on toast?**

Nutella.

**Favourite three vegetables?**

Spinach, for sure, carrots and broccoli.

**Your favourite cold drink?**

I normally drink water to be honest.

**...and hot drink?**

In the morning I drink coffee and in the afternoon I drink green tea.

**What's your secret vice?**

Cheesecake.

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

I don't really know – I only ever see most of them eat pasta!

**Best dish you can cook?**

I don't cook to be honest. All I do is make my porridge in the morning. Does that count!?

Carrots



Spinach



Broccoli



Green tea –  
afternoon  
refreshment



Traditional Christmas dinner

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

It's probably the same as you would have in England. Turkey, stuffing, vegetables – everything.

**Finally, when you go for lunch at the training ground, tell us what you hope to see on the menu that day?**

Dover sole is my favourite dish at the training ground.

## COLLINS GEMS



### IS SUGAR THE WEIGHT-GAIN CULPRIT?

This month, with many people still trying to adhere to a healthier new-year regime, Arsenal Nutritionist James Collins looks at whether it's fat or sugar that encourages most unwanted weight gain.

For a long time high-fat foods were blamed for weight gain and other health issues. More recently, the pendulum has swung, with the damaging effects of a high sugar diet becoming better understood.

**ALL IN THE BRAIN** – A new study, published in The American Journal of Clinical Nutrition, was undertaken to determine the different effects of sugar and fat on receptors in the brain that are linked to compulsive eating (e.g. the pleasure and reward regions). 106 teenagers were given either a high-fat/high-sugar, high-fat/low-sugar, low-fat/high-sugar or a low-fat/low-sugar chocolate milkshake. The milkshakes were all identical in calories and a control group was given a tasteless solution. The researchers then monitored the subjects' brain activity to determine which had the greatest effect on the regions that play a role in overeating. Greater activation of these brain regions was found in the subjects who consumed the high sugar milkshakes.



**NOT SWEET ON SUGAR** – This research suggests sugar may influence compulsive eating to a greater degree than fat. It is best to limit your intake of sugar for a number of health reasons, weight management being one of them. Watch out for hidden sugars in products such as breakfast cereals, yogurts and snack bars.



**FAT'S WEIGHT OF EVIDENCE** – However, fats should also be consumed with care. Be mindful of you trans and saturated fat intake, instead opting for 'healthy fats', such as mono- and polyunsaturated fats found in foods such as nuts, oily fish, avocados and canola or olive oil.

