

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 defender

NACHO MONREAL



What would you say is your favourite food?

T-bone steak.

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

I quite like Nozomi.

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

Sushi.

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

My girlfriend (I've got to get some brownie points!)

What is the main cuisine in Spain?

There are a lot. Chistorra is typical of Pamplona [cured meat with spices, similar to chorizo].

What do you like for a late night snack?

In England I don't eat late. I used to in Spain.

Did you have school dinners?

No.

How do you like to eat your eggs?

Fried.

What do you like on toast?

Ham and olive oil.

Fried eggs



Pamplona's finest Chistorra

Favourite three vegetables?

Any vegetable if in soup but specifically, green beans, and the third one is difficult! Artichoke, probably.

Your favourite cold drink?

Coca-Cola.

...and hot drink?

Cola Cao.

What's your secret vice?

No, I don't have vices! If they're secret, I can't tell you!

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

As I don't know many that well, I'll have to say Santi. He just eats meat – though he doesn't like fish or sushi.

What dish do you cook the best?

Lentil soup.

Best dish your girlfriend can cook?

My girlfriend is a very good cook and can cook a lot of good dishes (like I said before, brownie points!).

Tell us what you have for Christmas dinner? [NB. The Spanish have their version of 'Christmas dinner' on the night of the 24th for the so-called 'Nochebuena', so this is what Nacho eats then]

I eat a lot! My family cook loads: salad, prawns, pâté, meat, fried food and turrón for dessert. It's a very typical Spanish meal.

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

Rice, chicken and fruit.

Fond of artichokes



Nacho loves a hot Cola Cao



A dab hand at Lentil soup



Spanish Christmas dinner

COLLINS GEMS



METABOLISM BOOSTING FOODS – THE TRUTH

This month Arsenal Nutritionist James Collins looks at metabolism and the foods that can help to boost it.

WHAT IS METABOLISM?

Metabolism is often talked about, but can be poorly understood.

Essentially, it describes all of the chemical processes in the body to keep you alive!

The amount of energy your body uses at rest is called the basal metabolic rate (BMR). Whilst fixed factors such as age, genetics and gender have a major influence on an individual's BMR, there are also certain elements of your diet that may play a significant role.

But how much of an effect do these really have on creating our ideal physique?

FOOD THAT CAN HELP BOOST METABOLISM

Peppers – Capsaicin is a flavourless, odourless, colourless compound found in varying amounts in chili peppers, and is responsible for the spiciness experienced when they are consumed. In turn this can increase thermogenesis, which is the process where the body converts the energy

from food into heat (burns calories), increasing

energy expenditure. Other spices – such as ginger, garlic and cinnamon – are also thought to have an affect.



DON'T FORGET PROTEIN

It is a well-established that increasing the content of protein in the diet can be an effective weight management tool, but how does it affect metabolism?

Protein requires more energy to digest, absorb and process the nutrients, so it actually increases the energy expenditure (calorie burn) through thermogenesis. This is 20-35% for protein, which is more than for carbohydrate and fat (5-15%). Another reason to make sure protein intake is optimised is to maintain muscle mass.

MEAL TIMING IS KEY

At a time where there is a lot of debate on fasting and meal timings, one rule stands up to the test of time – eat breakfast!

Research has consistently shown that missing breakfast has a negative affect on weight control.