

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 IS ARSENAL'S LOVER OF LATTE, LASGANA - AND SPROUTS - **THEO WALCOTT**.



What would you say is your favourite food?

I'll go for the lasagna that my fiancée, Mel, makes – she puts mushrooms, courgettes, tomatoes and the usual things in it, but her style's a bit different and I really like it.

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

It's an Italian place near Chelsea called Daphne's – my friend sometimes takes me there.

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

One of the excellent courgette dishes they make at Daphne's.



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

My closest friends and Mel, as well as my wider family.



What is the main cuisine in the city you come from?

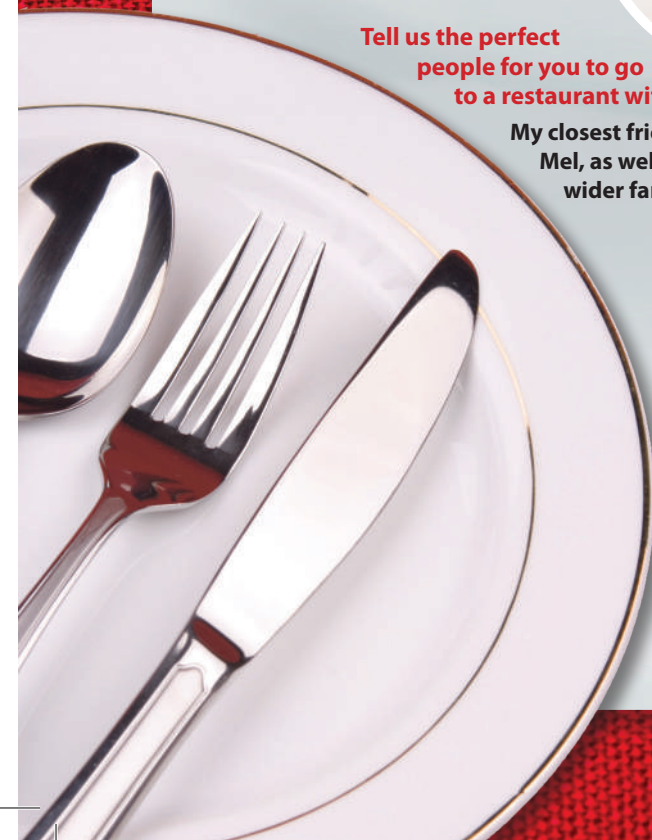
Well I'm from Newbury so I don't really know about that, but there are some nice Italian places there.

What do you like to eat for breakfast?

Perhaps porridge, a coffee and a yoghurt as well.

...and a late night snack?

Maybe a yoghurt or a smoothie, or perhaps a slice of toast.



Did you have school dinners?

No, I went home for lunch as I only lived two minutes' walk away from the school.

How do you like to eat your eggs?

Scrambled, perhaps a little bit creamy.

What do you like on toast...

I'm boring, I just like butter – or perhaps some peanut butter.

Your favourite cold drink?

I quite like an apple juice, or maybe a Sprite.

...and hot drink?

A latte.

What's your secret food vice?

It used to be sweets but I'm OK about them now! I don't eat them very much. I suppose it's pizza – it's not the best of foods.

Favourite three vegetables?

Carrots, sprouts – surprisingly enough – and mushrooms.

Tell us what you have for Christmas dinner?

Everything you can think of – all the meats, stuffing and veg.

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

I'm not really sure, but I'll tell you one thing – Aaron makes the worst cup of tea in the squad!

What's your favourite treat?

Ben & Jerry's 'Phish Food' ice cream – I could demolish a whole pot! I treat myself to some once every couple of months.

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?

The tomato and chilli soup – I love it! Then the big lamb shanks with mash and carrots, and for pudding I like chocolate sponge with a little bit of custard.



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.

PREPARE FOR MORNING EXERCISE – GET BREAKFAST RIGHT

TIP 1

Start fuelled

Slow-releasing carbohydrates provide a sustained energy during exercise – cereals, such as muesli or porridge are great choices. Milk, also provides an excellent source of protein to support muscle growth and repair. If you prefer toast, adding a low fat yoghurt is a quick way to boost the protein content.



TIP 2

Start hydrated

Having a glass of water or fruit juice alongside breakfast is crucial to ensure you start exercise hydrated. Even small amounts of dehydration reduce physical and mental function!

