

# 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 midfielder

**RYO MIYAICHI**



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

**Sushi!** Obviously it's our traditional Japanese food, so when I was young I always ate it – particularly at celebration times such as birthday, Christmas and other occasions.

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

There are a lot of good Japanese restaurants in London – I can't pick one, but I do enjoy them all.

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

**Sushi, probably!**

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

A group of my friends from home.

**What is the main cuisine in Japan?**

We've said it already – sushi!

**What do you like to eat for breakfast?**

I like to eat a banana, a yoghurt and some bread, and drink some milk.

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

I don't really have anything late at night.

**Did you have school dinners?**

I did – the school cooked things like soup and rice, and I liked it.





# COLLINS GEMS



## NUTRITION MYTHS

There's a different dietary recommendation in the media every day seemingly, this month Arsenal Nutritionist James Collins shoots down a trio of myths associated with nutrition.

### DON'T EAT BEFORE BED.

We are always told that this is wrong and will lead to weight gain, due to excess fat storage. If you are training in the evening, however, it is essential to eat before bed. A protein-rich snack has been shown to 'drip-feed' the muscles overnight, supporting growth and repair.

**Take home message:** take that evening snack if you've earned it. If you have trained, then reach for protein-based snack such as: yoghurt and mixed berries, cereal with milk, chicken or tuna wrap or a protein shake before bed.



### FAT IS BAD FOR YOU.

Following a low fat diet appears right, but that's far too general – a diet low in saturated (bad) fat (in processed products, such as meats, cakes and biscuits) is important. But most western diets are low in unsaturated (good) fats such as Omega 3. These are extremely important for cardiovascular and brain function – unfortunately most of us don't have enough of this in our diets. Think right fat, not low fat!

**Take home message:** All fats are not created equally. Increase good fats in your diet by choosing oily fish (salmon or mackerel) twice a week and sprinkle flax seeds on your cereal or salad.

### ORGANIC FOOD IS HEALTHIER

It's almost stated as a fact in some circles that organic is more healthy...right!? Well the sum of current research is, no. Organic production is more natural, with chemicals and pesticides carefully controlled, but the levels of nutrients are similar in comparison to conventional foods. **Take home message:** shop based on taste, ethics and the best quality of produce for your budget. Don't automatically reach for organic on health grounds.



**How do you like to eat your eggs?**  
Fried eggs are best!

**What do you like on toast?**  
Honey.

**Favourite three vegetables?**  
Cabbage, cucumber and spinach.

**Your favourite cold drink?**  
Green tea.

**...and hot drink?**  
Also green tea!



**What's your secret vice?**

I don't really have one – maybe a bit of chocolate now and again but not much.

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

Probably chicken – but we have more of a New Year meal in Japan with traditional miso soup and a lot of other food.

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

Emmanuel Frimpong, he's crazy!



**What dish do you cook the best?**  
Curry and rice.

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

We haven't had them yet, but I'm always hoping for sushi, Japanese noodles and Japanese rice!

