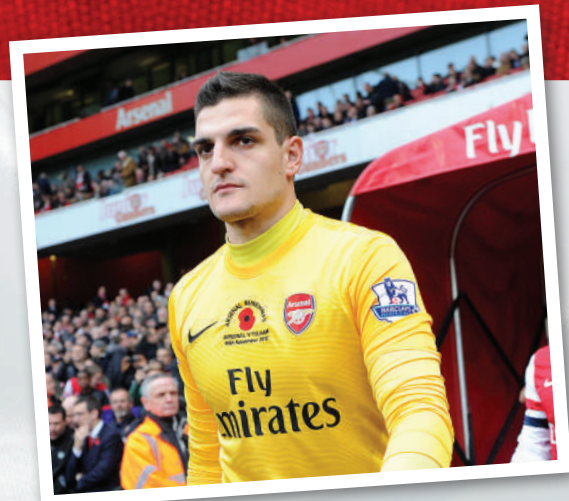


GOURMET GUNNERS



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 IT'S THE GUNNERS' FISH FIEND **VITO MANNONE**.



What would you say is your favourite food?

I like everything!

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

There is a Sardinian restaurant that I really like in London.

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

Probably I will go straight to the pasta dishes.

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

My girlfriend.

What's the main cuisine in your country?

As everyone knows, it's pizza and pasta!

What do you like to eat for breakfast?

Some honey on toast and a cup of tea.

...and a late night snack?

A soya yoghurt.



Did you have school dinners? What were they like?

Sometimes I had school dinners, other times I took my own lunch. I have to say it was better when I took my own!

How do you like to eat your eggs?

I love eggs benedict, which is like poached eggs on toast with a nice sauce.

What do you like on toast?

Either honey, or if it is a toasted sandwich, then cheese and ham.



What are your favourite three vegetables?

Broccoli, lettuce or other salad leaves and tomatoes.

What's your favourite cold drink?

Coca-Cola.

...and hot drink?

I like both coffee and tea, but probably prefer tea.

What's your secret vice?

I haven't had one for a very long time, but I'll say McDonald's.

Tell us what you have for Christmas dinner?

An Italian tradition is a fish dish called baccala. We have that at Christmas, it's a salt cod with tomatoes and capers.

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

I have to say some of the things Gervinho likes are not to my taste!

What dish is your wife/partner best at cooking?

She's a very good cook, so I like anything that she prepares.

What dish are you best at cooking?

I like to cook, so I will say spaghetti is my specialty. Anyone can do spaghetti, but I make a very nice sauce – I never use a jar!

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

Cod, I love fish.



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.

NEW YEAR, NEW YOU

Many of us make New Year's resolutions, and for lots of people these might mean dieting. It's relatively easy to keep to a diet for a brief time, but here's a couple of tips on how your routine can help you support weight loss over a prolonged period...

TIP 1

Get enough sleep

Being sleep deprived interferes with appetite. It overproduces an appetite-stimulating hormone called ghrelin, and reduces production of leptin (a hormone which tells your body to stop eating). Guess what; these changes result in overeating! This can potentially wreck all of the dietary planning. Work hard, play hard, but sleep well!



TIP 2

Weekly weigh in

Daily fluctuations in hydration and food in the intestines can provide false information on weight loss and derail motivation. Keep weighing to once a week, before breakfast, in minimal clothing, on the same scales.

