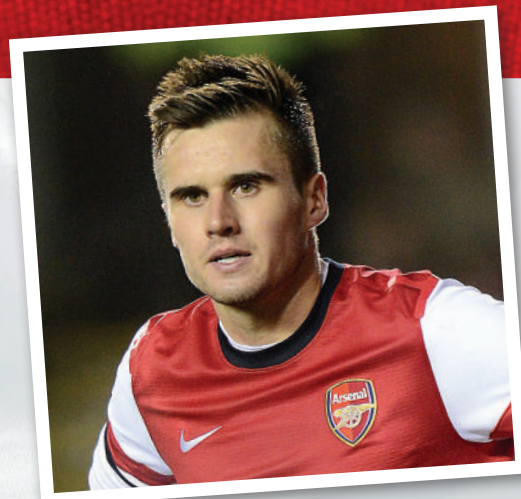


GOURMET GUNNERS



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 YOUNG RIGHT BACK **CARL JENKINSON**.



What would you say is your favourite food?

Any kind of Italian food.

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

A restaurant called Va Pensiero in Radlett.

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

Probably their chicken escalope with penne arrabiata.

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

Just my family and close friends.

What's the main cuisine where you come from?

I'm not sure if they have a certain cuisine in Essex! There were plenty of places to eat out, but not a specific local food.

What do you like to eat for breakfast?

I tend to have a bowl of cereal, two slices of toast and some kind of fruit

...and a late night snack?

Often a bowl of cereal or some fruit – finishing the day as I started it!



Chicken escalope with penne arrabiata

Did you have school dinners?

Yes, I did.

What did you like about them?

They were ok – I remember the twirly potatoes, turkey dinosaurs, that kind of thing.

How do you like to eat your eggs?

I like omelettes – that's the only way I like them.



Eggs-cellent for Carl

What do you like on toast?

Cheese spread or spaghetti rings.



Toast treat

What are your favourite three vegetables?

Green beans, sweetcorn and peas.



Beautiful beans

What's your favourite cold drink?

Tropicana – the orange juice and raspberry variety.

...and hot drink?

Hot chocolate.



What's your secret vice?

That would have to be Pizza Express chocolate fudge cake with ice cream – you have to have it warm, though.

Tell us what you have for Christmas dinner?

All the usual – I'll have both turkey and beef, with pigs in blankets, potatoes, Yorkshire puddings and a variety of vegetables.



Chef's special

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

For starter it would have to be a nice tomato soup. I'll choose chicken fajitas for main course, and for dessert it'll be cheesecake.



Cheesecake please

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.

ALCOHOL THE ENEMY

Recent research by Cancer Research UK showed that of those who made a new year's resolution, almost a fifth planned to cut back on alcohol. Alcohol in your system is detrimental to physical activity. Here's how it can wreak havoc with health and exercise performance:

How is it processed by the body?

Alcohol rapidly enters into the bloodstream after absorption in the stomach and small intestine. Increased levels of alcohol in the blood are followed by a rise in alcohol oxidation (breakdown) and removal from the body. On average it takes the body one hour to remove one unit of alcohol.



How does it affect exercise performance?

Firstly, it causes dehydration resulting in reduced cognitive and physical function.

Secondly, alcohol interferes with energy production, as the liver has to first process alcohol, meaning it is less efficient in producing and regulating blood sugar (glucose). This will result in low blood glucose, consequently meaning the body will not be able to maintain exercise at a high intensity.



Managing the relationship between alcohol and fitness can protect your hard earned physique and training gains, whilst still enjoying the benefits of a tipple or two.