

## Players' choice awards. Cont'd.

Deon Grant, Seattle	"Jaguars linebacker <b>MIKE PETERSON</b> has been consistent ever since he came into the league and he has put up big numbers. He brings it every game with high intensity and is a key leader on the defense."
Jonas Jennings, San Francisco	"Redskins linebacker <b>LONDON FLETCHER</b> . He plays extremely hard and he always leads the team in tackles and sacks. He plays his butt off and he deserves more credit than he receives."
Chad Johnson, Cincinnati	"Packers cornerback <b>AL HARRIS</b> is probably the best defensive back in the league that does not get the credit he deserves. He gets the job done without a lot of fanfare."
Aaron Kampman, Green Bay	" <b>ADRIAN WILSON</b> of Arizona. He never gets mentioned because of all the great safeties in the NFC, but he's right up there with the best of them."
Dan Klecko, Indianapolis	" <b>TEDY BRUSCHI</b> of New England is my guy. He plays hard, is a joy to work with, is a fixture in the locker room, helps young guys, and is a class act on and off the field. He returned to the game after having a stroke! He deserves any and all credit."
Donovan McNabb, Philadelphia	"My vote would go to <b>KEITH BULLUCK</b> of the Tennessee Titans."
Lorenzo Neal, San Diego	"49ers quarterback <b>TRENT DILFER</b> . He's a leader and a winner. All he does is win. He still can play and he still plays great. His numbers speak for themselves."
Ryan Nece, Tampa Bay	"Eagles running back <b>BRIAN WESTBROOK</b> because of how versatile he is and how important he is to the Eagles offense."
Fred Taylor, Jacksonville	"Tennessee linebacker <b>KEITH BULLUCK</b> . He's one of those players that brings it every single down. He just competes, works hard and never misses a game. He is all over the field, making tackle after tackle."



## PIGSKIN PETROL: FOOD FOR PERFORMANCE

If you go to any stadium in the NFL, you will notice fans enjoying a pre-game meal in the parking lot. This activity is known as tailgating and it is done by fans to get pumped up to cheer for their favorite team on gameday.

Fans are not the only ones who need some fuel before kickoff. Many NFL players have special pregame eating habits that get them ready to play hard on the field.

Here are some of the meals favored by NFL players before kickoff:

PLAYER, TEAM	PREGAME MEAL
Matt Bryant, Tampa Bay	Chocolate malt milkshake
Vernon Davis, San Francisco	Baked chicken, broccoli and cheese, spaghetti
Jonas Jennings, San Francisco	Turkey club sandwich with no bacon
Aaron Smith, Pittsburgh	A plain hamburger and pasta
Igor Olshansky, San Diego	Fruit (watermelon, grapes, and cantelope), wheat pasta with marinara sauce, garlic and basil, and chicken
Marvel Smith, Pittsburgh	Chicken pasta
Max Starks, Pittsburgh	Shark Bites Fruit Snacks
Terrell Suggs, Baltimore	Scrambled eggs with cheese in the morning and steak and pasta in the afternoon
Brian Urlacher, Chicago	A couple of chocolate chip cookies
Bryant Young, San Francisco	Oatmeal or anything with a lot of carbs

