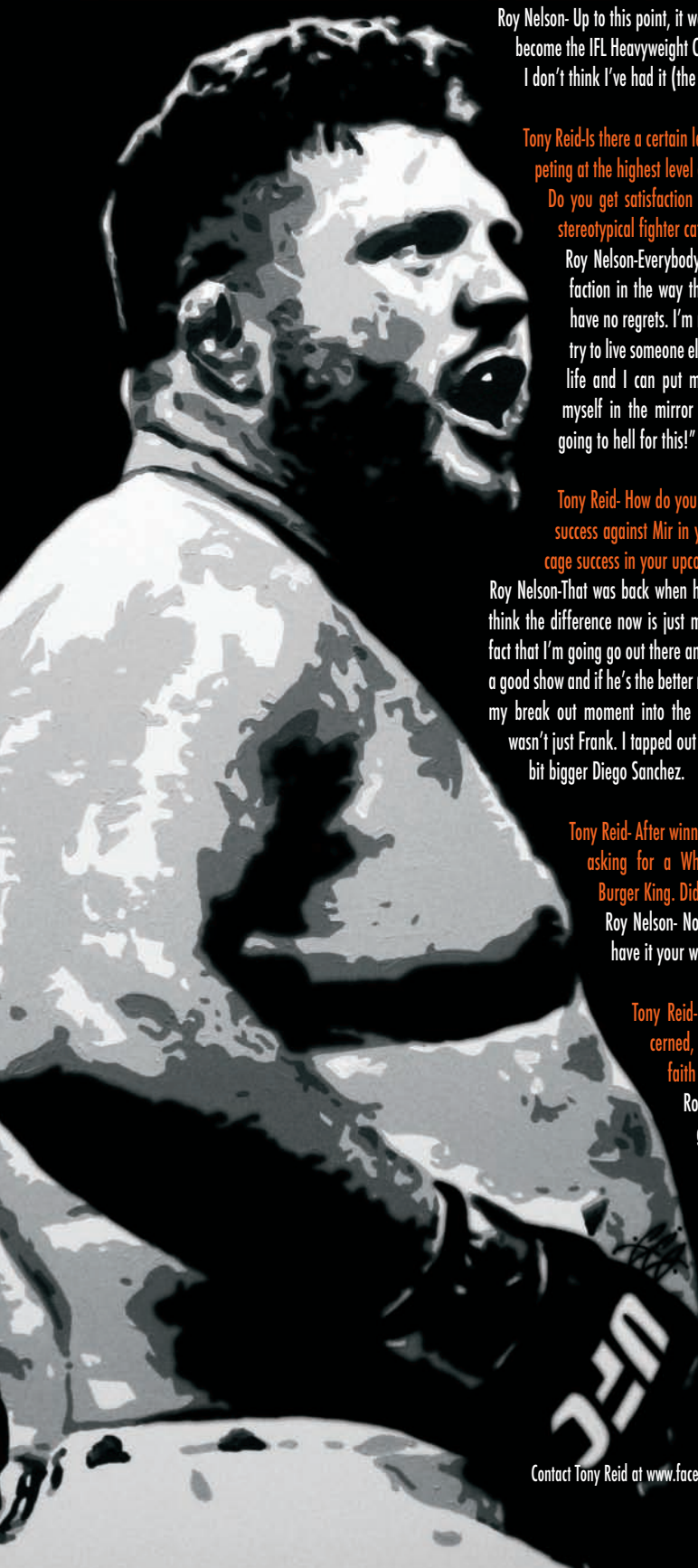


# RATTLING THE CAGE



**Tony Reid-** If you could choose one fight from your career that every MMA Fan should see, which one would you choose and why?

**Roy Nelson-** Up to this point, it would be winning the Grand Prix to become the IFL Heavyweight Champion but for my entire career, I don't think I've had it (the fight) yet.

**Tony Reid-** Is there a certain level of satisfaction you get in competing at the highest level of the sport by doing it your way?

**Do you get satisfaction excelling without falling into the stereotypical fighter category?**

**Roy Nelson-** Everybody should have some type of satisfaction in the way they live their lives. My thing is to have no regrets. I'm not the type of guy that's going to try to live someone else's life. I'm out there to enjoy my life and I can put my head down at night and look myself in the mirror every day and not go "Oh, I'm going to hell for this!"

**Tony Reid-** How do you plan on transferring your on mat success against Mir in your Grappler's Quest match to in cage success in your upcoming fight?

**Roy Nelson-** That was back when he was the Heavyweight Champ. I think the difference now is just motivation for myself and just the fact that I'm going out there and do what I always do and put on a good show and if he's the better man he's the better man. That was my break out moment into the world of grappling and MMA. It wasn't just Frank. I tapped out Brandon Vera and beat up a little bit bigger Diego Sanchez.

**Tony Reid-** After winning The Ultimate Fighter you were asking for a Whopper and a sponsorship from Burger King. Did you get either?

**Roy Nelson-** No, at Burger King you really don't have it your way.

**Tony Reid-** As far as supplements are concerned, do you feel guys put too much faith or too much stock in them?

**Roy Nelson-** I think supplements are good. Sometimes your body is deficient in things. There are people that abuse supplements and then there are people that abuse regular food. Then we have people that abuse special supplements.

**Tony Reid-** Lets play food critic for a minute. Give me your best of the best for the following foods. What is the best pizza?

**Roy Nelson-** It depends what you are in the mood for. I like good old homemade pizza. You can control the calories and fat versus just getting the over the counter type stuff.

**Tony Reid-** What is the best burger?

**Roy Nelson-** Ohh, you have the McDonald's type of hamburger that is sweet but not very hamburger-ish. You can go all the way to a Fatburger where it's a decent burger like In and Out, but you don't have the choices like bacon and that stuff that make it ten times better. I have had some great barbeque burgers. It all depends on your mood. A burger can be like a beer in that way.

**Tony Reid-** Have you ever sat down to the table to try one of those 5, 10, 15 pound burger challenges?

**Roy Nelson-** I probably would if there was some money involved. What's that saying? "I eat to live not live to eat." (Laughing)

**Tony Reid-** We can't forget dessert, what is the number one desert on your list?

**Roy Nelson-** I don't really have a sweet tooth but if it was ice cream it would be Rocky Road. You have the sweet and salty combination. Usually if it's sweet it has to have something to calm the sweetness down or I am going to have a stomach ache.

**Tony Reid-** If you were a prisoner on death row what would be your request for your last meal? What would be the one thing you would have to have one last time before it was all over?

**Roy Nelson-** Just good old fashioned steak and potatoes. Like a rib eye and mashed potatoes.

**Tony Reid-** Jakks (the company that makes the UFC action figures) might be creating an action figure of you but in order to create the figure they will have to create a new mold. So which would be a bigger task, creating a new mold for your figure or you getting a six pack so they can use the generic body type they use now?

**Roy Nelson-** I like the fact that they would have to create a new mold for me because I'm breaking the mold in MMA. It's not about having a six pack, so I'm going with breaking the mold.

