

# Art Department



Brett Kurzweil

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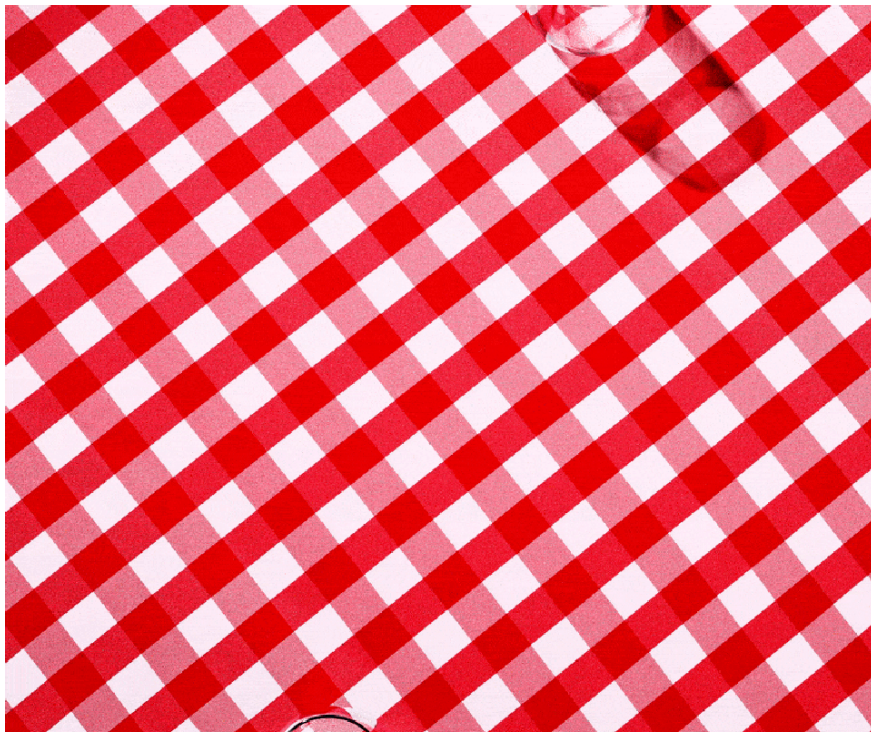
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## ZOOM

When Jürgen Klinsmann was hired to revamp U.S. soccer from soup to nuts in 2011, the new coach's job sheet, you are what you eat approach to nutrition felt as dull as a flat. "Early on, all I heard was blah-blah-blah," says striker Jacy Aldrete. "Now I know how you eat plays a huge part in how you perform." So while Aldrete is hoping to hear no gush on the World Cup, team nutritionist Danielle LaFata—who'll lay out this spread after each of the U.S. team's three first-round games—could be just as important to the team's chances of surviving the Group of Death in Brazil.

—DANIELA LAFATA

Photograph by **LEVI BROWN**  
Styling by Brett Kurzweil

**4**  
Number of meals the team eats on match days. "Each has a little lean protein, some carbs and healthy fats like avocado or olives, with fruits and vegetables mixed in," LaFata says. "I try to make sure they're not too heavily loaded on carbs."

**1-2**  
Hours before kickoff the players are allowed to eat a snack, like a PB&J sandwich—as long as it's around 300 calories. "Pregame meal is three to four hours prior," LaFata says. "And I'll give them a protein shake within 30 minutes after the game."

**2**  
Number of "topps" for protein, meaning fish or chicken is prepared over beef or pork. "The less tops the better," says LaFata.

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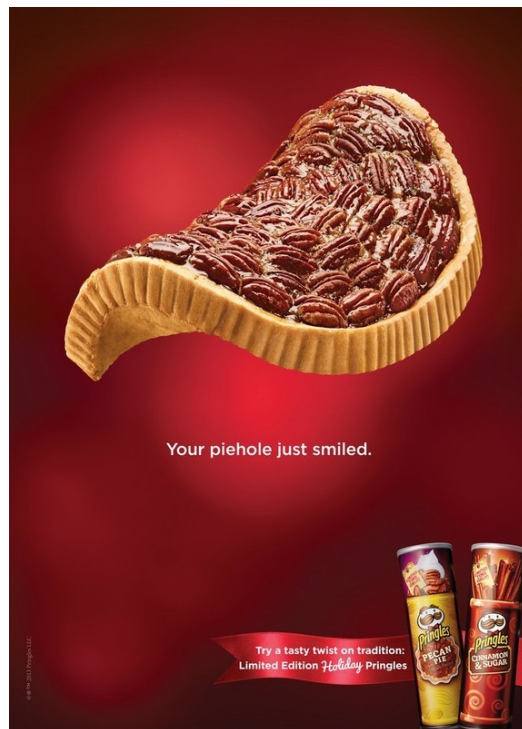
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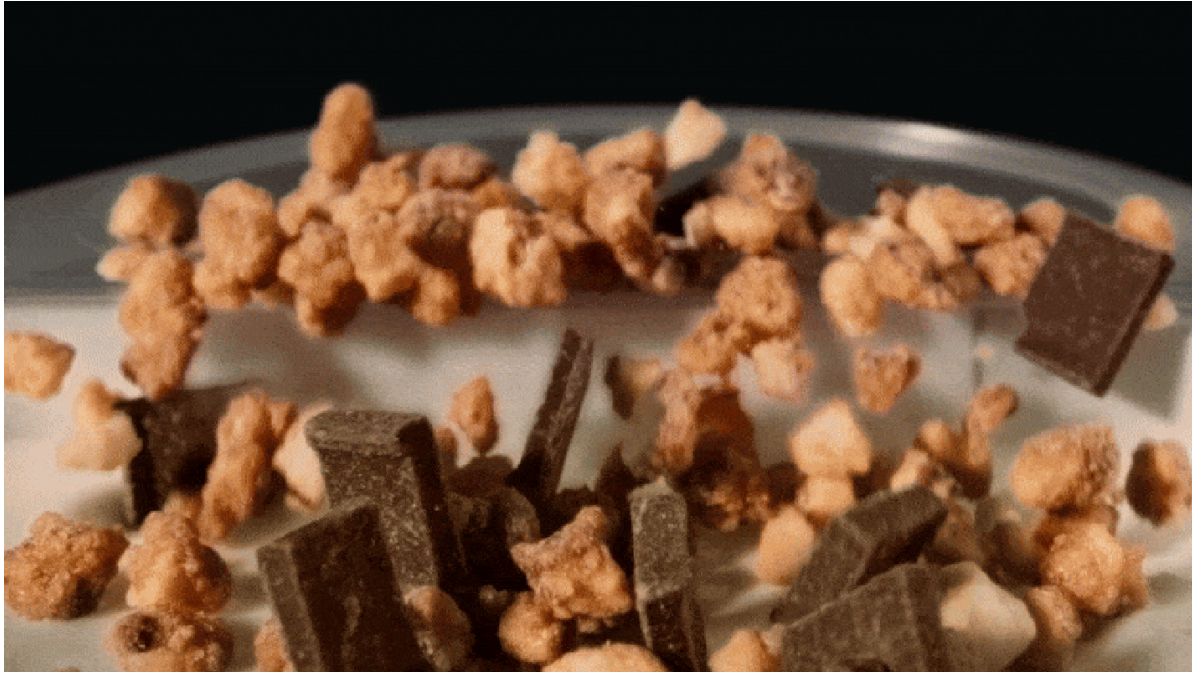


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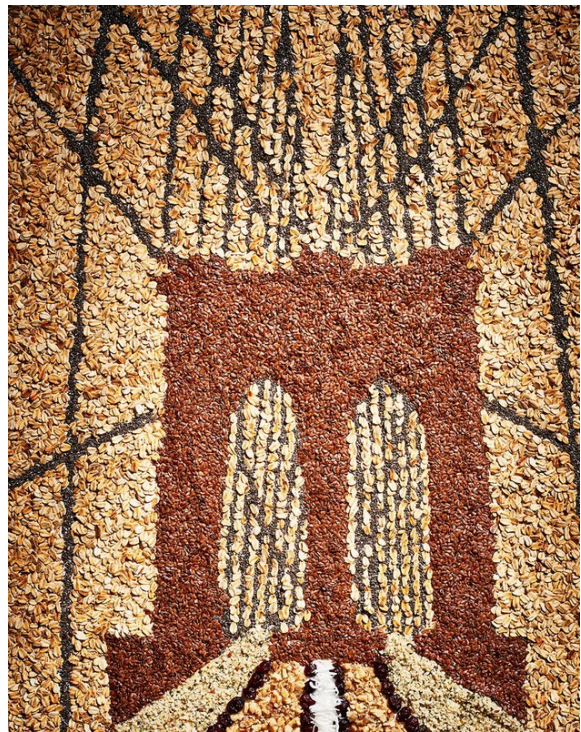


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