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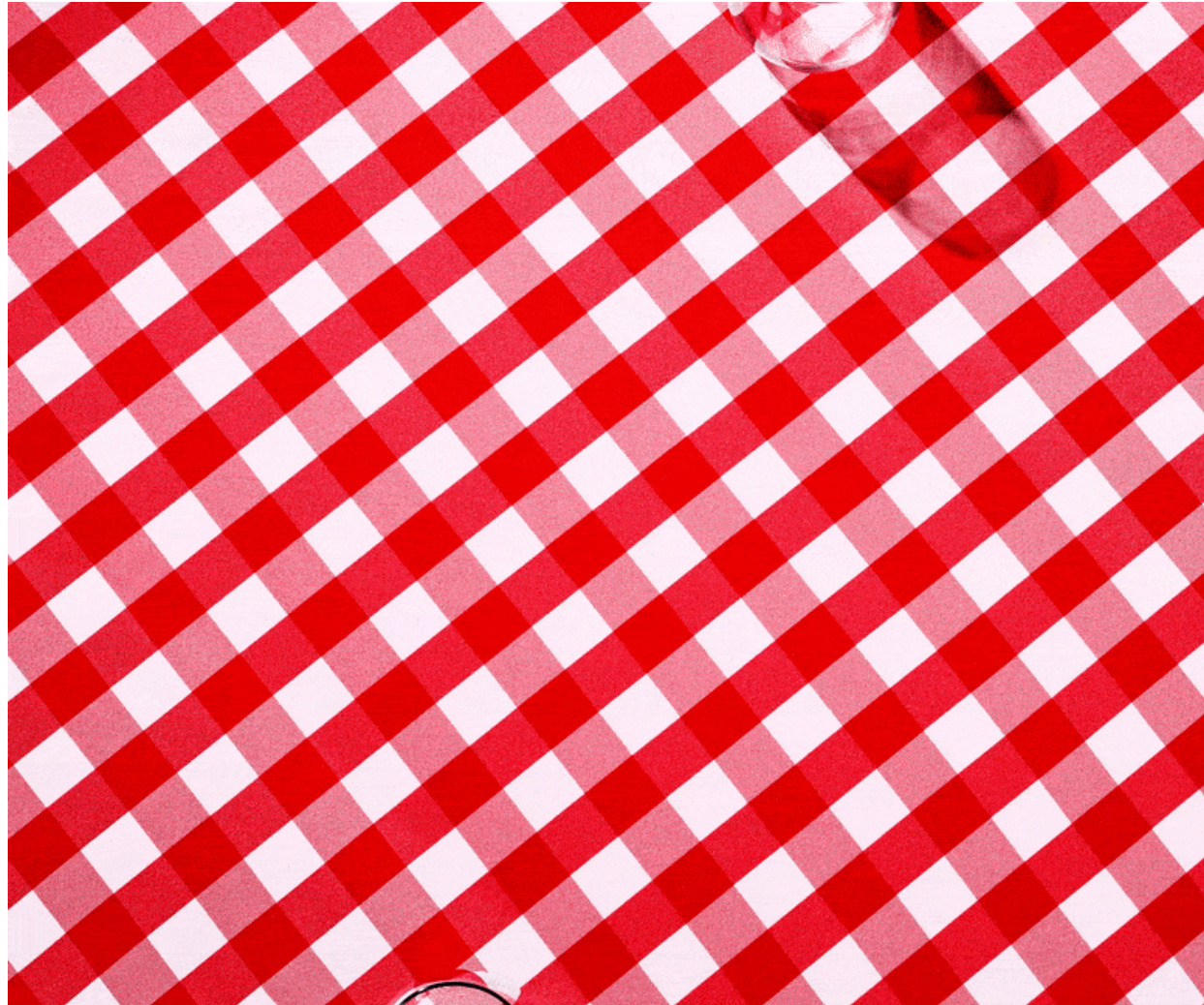
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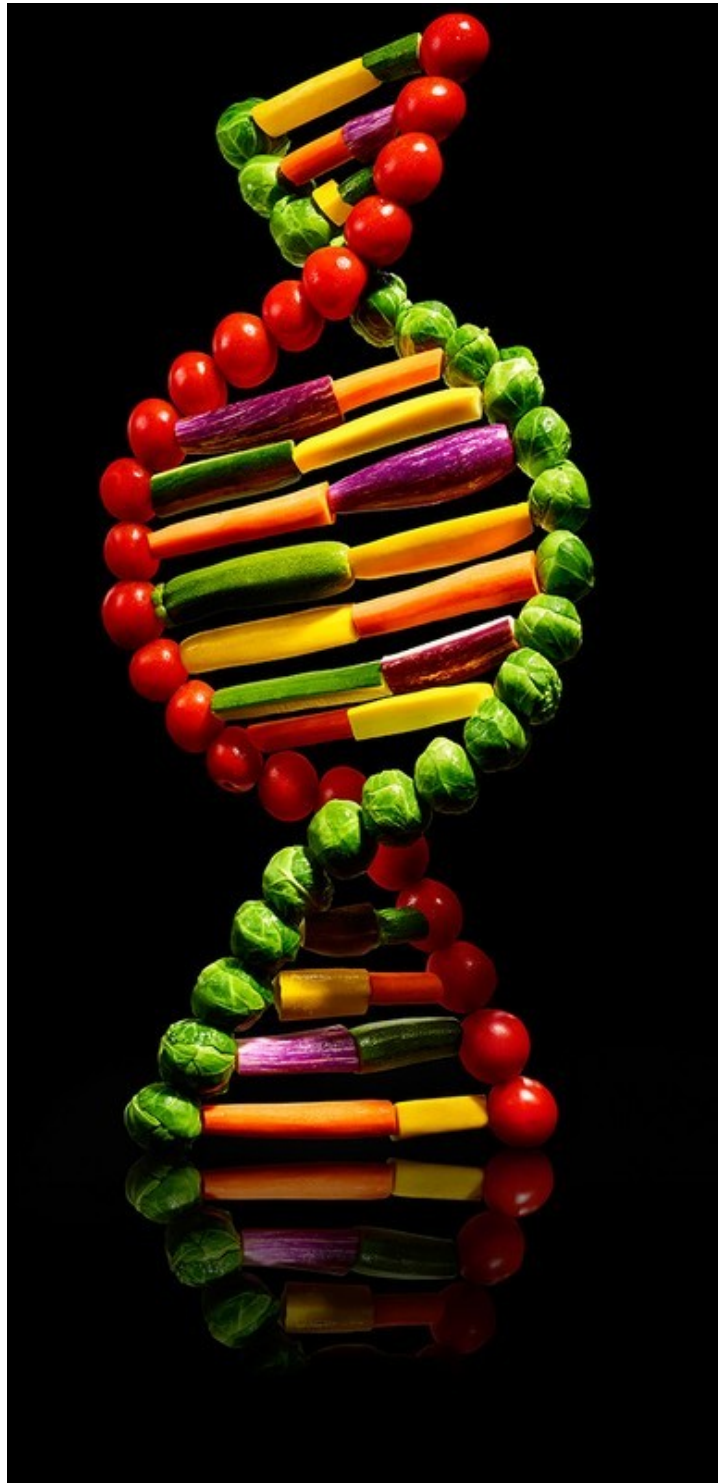
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ZOOM

When Jurgen Klinsmann was hired to revamp U.S. soccer from sops to nuts in 2011, the new coach's old-school, you-are-what-you-eat approach to nutrition fell on deaf ears at first. "Early on, all I heard was blah-blah-blah," says striker Jozy Altidore. "Now I know how you eat plays a huge part in how you perform." So while Altidore is hoping to feast on goals at 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 Yanks' chances of surviving the Group of Death in Brazil. —DOUG MCINTYRE

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 "legs" for proteins, meaning fish or chicken is preferred over beef or pork. "The less legs the better," says LaFata.

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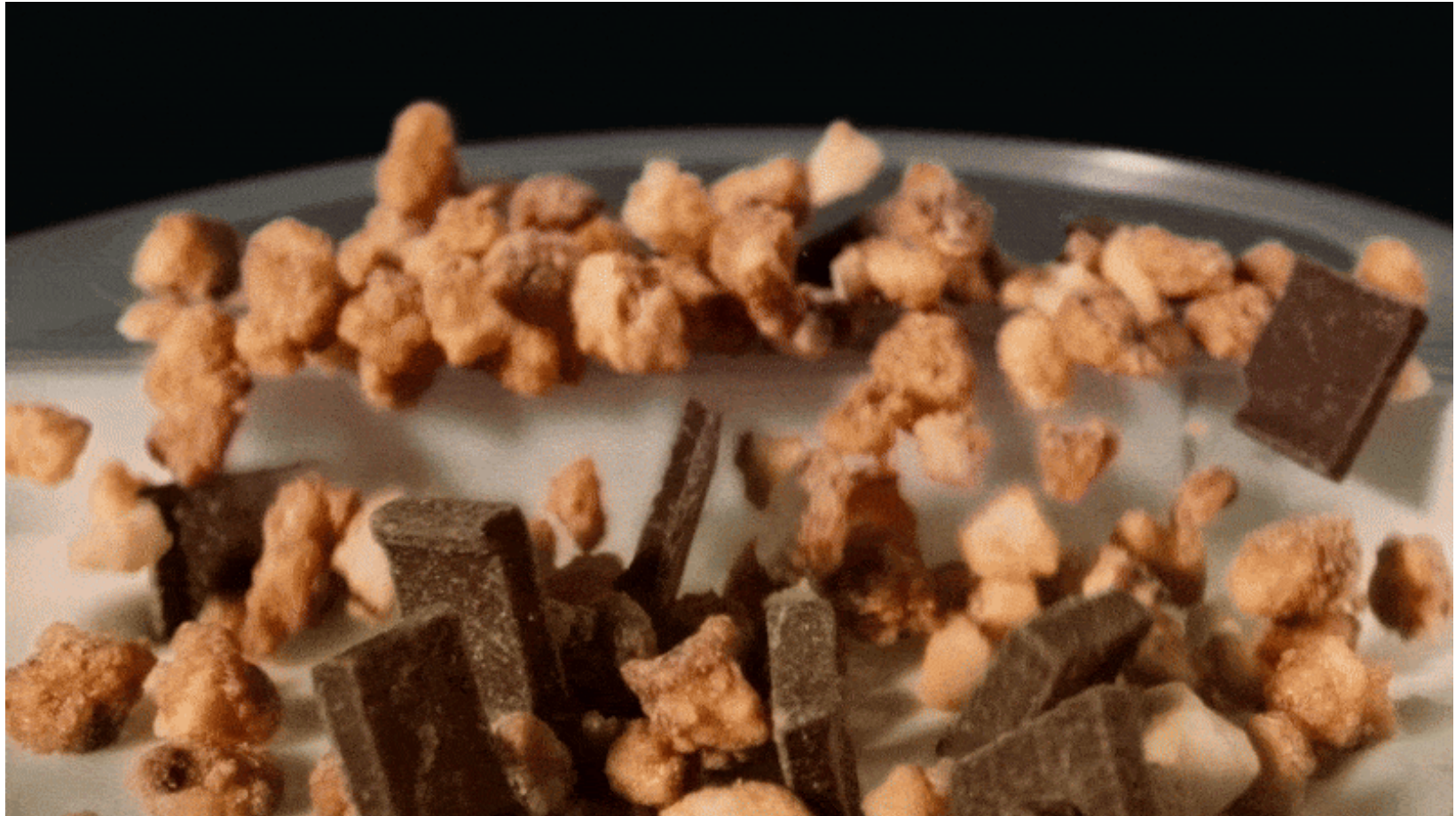
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