

PIZZA CAN BE HEALTHY

DON'T FRET, PIZZA LOVERS! YOU CAN STILL HAVE YOUR PIE AND EAT IT, TOO. WE ALL KNOW PIZZA IS DELICIOUS, BUT BELIEVE IT OR NOT, IT CAN BE A SURPRISINGLY HEALTHY SNACK OR MEAL. WITH A LITTLE BIT OF CREATIVITY AND SOME BASIC PORTION CONTROL, YOU DON'T HAVE TO SAY NO TO PIZZA. CHECK OUT SOME FUN AND INFORMATIVE WAYS TO KEEP IT HEALTHY.



A PIZZA WITH EXTRA SAUCE, SOME VEGGIES AND THAT IS LIGHT ON THE CHEESE PROVIDES FOR A TRADITIONAL, FLAVORFUL AND HEALTHIER PIE!
#SmartPizza

SUPER SAUCE IT! BRING ON THE LYCOPENE! ARE YOU A TOMATO LOVER LIKE US? ASK THE SERVER FOR A SIDE OF TOMATO SAUCE FOR DIPPING YOUR CRUST!

PIZZA CAN FIT INTO A HEALTHY EATING PLAN, AND HERE'S WHY:

Pizza is a traditional wholesome food that is part of the Mediterranean diet, which has been linked with a myriad of health benefits. In fact, consuming lycopene-rich dishes, as part of a Mediterranean-style, protected against oxidative stress in women (J Nutr Biochem, 2012)

Every slice of pizza can contribute almost 2,000 mcg of lycopene! (Based on 1 Tbsp sauce per serving.) That's the equivalent of eating 1/2 cup of cherry tomatoes! (USDA)

One medium slice of vegetable pizza contains 270 calories, 10 g protein, 3 g fiber, 20% DV vitamin C, and 10% DV for iron and calcium. Saturated fat comes in at 4 g and sodium at 510 mg. Add a side green salad for only 49 calories (and a variety of other vitamins and minerals), and the meal comes in at under 320 calories. That's a nutrition bargain, considering a tiny kids' meal cheeseburger rings up at 310 calories, 5 g saturated fat, and 820 mg sodium.