



## Restaurant Guide

# Pizza Pizzazz



Daiya Fire Roasted Vegetables frozen pizza meets our criteria for healthier options.

It's been a long day and you want to relax over dinner. Popping a frozen pizza into the oven might be perfect. But will that heat-and-eat pizza satisfy your appetite and your nutritional needs? They aren't exactly the epitome of healthy eating, but that doesn't mean you have to scratch these delicious, convenient items off your shopping list.

Traditional pizza toppings typically include high-sodium and -saturated fat cheese and meats, such as pepperoni and sausage. However, these days you have many more healthful options, such as whole grain crusts and nutrient-filled toppings like arugula and grilled chicken. And if you live dairy- or gluten-free, you can now enjoy store-bought pizza as well. But use caution with so-called "healthier" options, which can still provide excessive amounts of sodium and saturated fat.

**Helpful Hints.** Consider these tips when your dinner plans include a frozen pizza.

- ▶ **Add a salad.** To boost your fiber and vitamin intake and provide longer lasting satisfaction from your meal, pair your pizza with a vegetable-filled salad. This addition will also help you stay within the pizza's serving size guidelines.
- ▶ **Top it right.** Another way to increase your nutrient quota is to add more vegetables, such as broccoli, tomatoes, peppers, spinach, and onions, to the pizza before heating it.
- ▶ **How you slice it.** The suggested serving size for pizza varies greatly, ranging from one-half to one-sixth of the pie. If you double up on servings, you could be feasting on more than 800 calories and almost a day's worth of saturated fat and sodium in one meal. **EN**

—Heidi McIndoo, MS, RD

## Frozen Pizza Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 6 g saturated fat (30% DV) and no more than 630 mg sodium (27% DV).

FROZEN PIZZA	Serving Size* (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
<b>MEAT TOPPINGS</b>									
365 Thin Crust Chicken & BBQ Sauce	1/3 (135)	340	13	6	33	660	1	14	22
365 Thin Crust Supreme	1/3 (137)	330	15	6	33	820	2	10	15
Against the Grain Uncured Pepperoni (GF)	1/5 (136)	390	24	7	26	660	0	1	19
DiGiorno Chorizo & Peppers	1/6 (134)	270	8	3.5	38	650	2	5	13
DiGiorno Supreme	1/6 (149)	330	13	5	37	840	2	5	15
Freschetta Artisan Crust Pepperoni	1/5 (134)	350	15	7	38	820	4	9	16
Red Baron Brick Oven Meat Trio	1/4 (129)	330	15	6	36	800	2	7	13
Trader Joe's BBQ Chicken	1/3 (123)	340	13	5	39	670	2	10	19
✓ <b>Trader Joe's Pizza Parlanno</b>	1/4 (129)	330	16	6	33	620	<1	5	13
Trader Joe's Wood Fired Naples Style Uncured Pepperoni	1/3 (144)	390	19	7	40	840	3	4	16
Udi's Uncured Pepperoni (GF)	1/2 (143)	360	15	8	45	670	2	6	12
<b>MEATLESS TOPPINGS</b>									
✓ <b>365 Thin Crust Goat Cheese and Pesto</b>	1/3 (113)	290	14	6	29	540	1	3	13
365 Thin Crust Mediterranean	1/3 (128)	300	12	6	35	790	2	5	13
Against the Grain Nut Free Pesto (GF)	1/5 (136)	450	29	8	29	460	1	1	20
Against the Grain Three Cheese (GF)	1/5 (136)	390	22	7	30	420	1	1	18
American Flatbread Cheese and Herb	1/3 (130)	370	15	8	41	850	2	<1	19
American Flatbread Revolution	1/3 (159)	360	12	6	45	820	3	4	17
American Flatbread Sundried Tomato and Mushroom	1/3 (146)	340	12	6	41	810	3	1	16
✓ <b>Amy's 4 Cheese</b>	1/3 (113)	290	14	5	31	590	2	2	12
✓ <b>Amy's Broccoli &amp; Spinach</b>	1/3 (113)	290	14	6	31	570	2	2	10
✓ <b>Amy's Mushroom and Olive</b>	1/3 (123)	260	10	3	33	560	2	3	10
✓ <b>Amy's Pesto, Rice Crust</b>	1/2 (159)	330	14	5	41	510	2	3	11
California Pizza Kitchen Four Cheese	1/3 (127)	310	15	8	29	530	2	4	15
Daiya Cheese Lover's	1/3 (148)	390	17	4.5	54	670	5	4	4
✓ <b>Daiya Fire Roasted Vegetables</b>	1/3 (164)	370	15	4	56	560	5	7	5
✓ <b>Daiya Supreme</b>	1/4 (138)	340	14	3.5	45	570	4	5	7
DiGiorno Cheese Stuffed Crust 5 Cheese	1/5 (151)	370	15	8	41	740	2	5	18
✓ <b>Dr. Oetker Ristorante Pizza Mozzarella</b>	1/3 (108)	290	14	5	29	450	1	3	11
Freschetta Brick Oven Crust 5 Italian Cheese	1/4 (144)	380	18	7	40	930	3	9	15
Newman's Own Thin & Crispy Multigrain Crust with Flaxseed Margherita	1/3 (131)	280	12	4.5	31	650	3	2	12
✓ <b>Newman's Own Thin &amp; Crispy Multigrain Crust with Flaxseed White</b>	1/3 (114)	280	12	6	31	630	2	3	11
Red Baron Thin & Crispy 5 Cheese	1/3 (139)	360	16	9	40	840	2	9	13
Trader Giotto's Organic 3 Cheese	1/3 (126)	310	9	4.5	42	740	3	3	16
✓ <b>Trader Giotto's Organic Spinach and Ricotta</b>	1/3 (141)	290	10	5	36	620	4	3	11
✓ <b>Trader Joe's Ancient Grain</b>	1/3 (123)	310	16	2	25	600	5	4	15
✓ <b>Trader Joe's Organic Wood Fired Sicilian Style</b>	1/3 (133)	260	12	4.5	35	570	1	2	11
Udi's Margherita (GF)	1/2 (143)	360	15	8	45	670	2	6	12
Udi's Three Cheese (GF)	1/2 (142)	360	15	9	45	570	2	6	12
Whole Foods Market Marinated Grilled Vegetables	1/3 (127)	260	10	4	33	720	4	4	10
Whole Foods Market Stracchino and Arugula	1/2 (143)	380	16	10	42	540	4	4	18

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value (daily requirement based on 2,000 calories/day diet), GF=gluten-free. Source: food labels. \*Indicates portion as fraction of 1 frozen pizza