



Shoppers Guide

Frozen Pizzas

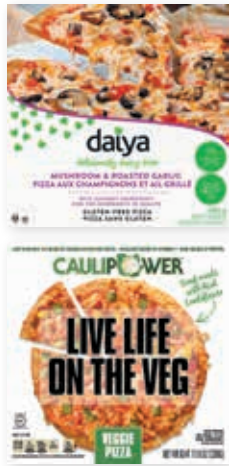
It's been a long day and cooking a meal is the last thing you want to do. You need something you can toss in the oven and forget. Frozen pizza fits the bill, but will it fit into your healthy eating routine? Like a lot of convenience foods, many frozen pizzas are high in saturated fat, sodium, and calories, while at the same time providing only negligible amounts of beneficial nutrients like fiber, protein, and vitamins and minerals. But, if you look closely, you can find slices that will allow you to have your pizza and eat it too.

Extra cheeses and meats (even plant-based meat replacements) are the most common culprit for boosting fat and salt. Alternatively, pizzas loaded with vegetables tend to be lower in those nutrients and higher in fiber. Furthermore, instead of just having pizza, create a more balanced meal. Start with a veggie-filled salad and end the meal with fruit. The fruit and vegetables will increase the meal's nutrients while also providing fiber to help fill you up, allowing you to be satisfied with fewer slices of pizza.

Helpful Hints. To enjoy a convenient frozen pizza and keep your health in check, consider the following tips:

- ▶ **Tip Top(pings) Shape.** Even some veggie-topped pizzas may be lacking when it comes to a providing a full serving of veggies. Steam, microwave, or quickly sauté additional vegetables and add them to your pizza before baking.
- ▶ **Down-size.** You can still enjoy your fave pizza even it doesn't fit the nutritional bill. Try cutting your slices smaller. That allows you to have multiple slices but cut the negative nutrient intake down.
- ▶ **Check the Facts.** Serving sizes vary from pizza to pizza, and the nutrition information is based on one serving. Be sure to check the Nutrition Facts Panel to find out if you should be cutting your pizza in half, fifths, or somewhere in-between.

—Heidi McIndoo, MS, RD



These aren't your mother's frozen pizzas!

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 sat fat (30% DV) and 640 mg sodium (28% DV).

FROZEN PIZZA	Serving Size (g)	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
365 Thin Crust Chicken & BBQ Sauce, 1/2 pizza	135	340	13	6	33	660	1	14	22
✓ 365 Thin Crust Goat Cheese & Pesto, 1/2 pizza	113	290	14	6	29	540	1	3	13
365 Thin Crust Supreme, 1/2 pizza	137	330	15	6	33	820	2	10	15
Against the Grain Nut Free Pesto, 1/2 pizza, GF	134	450	29	8	29	460	1	1	20
Against the Grain Three Cheese, 1/2 pizza, GF	134	400	23	8	32	420	0	1	15
Against the Grain Uncured Pepperoni, 1/2 pizza, GF	134	400	23	8	32	420	0	1	15
American Flatbread Fresh Basil Pesto & Feta, 1/2 pizza	148	460	21	7	52	830	2	1	17
American Flatbread Gluten Free Cheese Trio & Tomato Sauce, 1/2 pizza, GF	113	340	14	7	43	890	2	3	12
✓ American Flatbread Pulled Pork, Pineapple & Jalapeno, 1/4 pizza	140	310	10	5	37	600	1	4	15
Amy's Barbecue Pizza, 1/2 pizza	134	310	13	4.5	35	730	2	7	13
✓ Amy's Gluten Free, Dairy Free Spinach, 1/2 pizza, GF	132	350	20	2.5	35	510	4	5	7
Amy's Meatless Pepperoni, 1/2 pizza	136	340	16	6	33	680	2	3	16
✓ Amy's Vegan Roasted Vegetable, 1/2 pizza	113	280	9	1.5	42	540	3	5	7
✓ California Pizza Kitchen Crispy Thin Crust White, 1/2 pizza	n/a	270	10	5	32	590	2	4	13
✓ California Pizza Kitchen Gluten Free Crust Margherita, 1/2 pizza, GF	n/a	190	8	4	21	400	1	4	8
Caulipower Three Cheese, 1/2 pizza, GF	165	380	18	7	37	650	3	2	16
Caulipower Uncured Pepperoni, 1/2 pizza, GF	114	270	14	6	26	660	2	2	9
✓ Caulipower Veggie Pizza, 1/2 pizza, GF	165	310	14	4	37	500	3	2	10
Daiya Meatless Meat Lovers, 1/4 pizza, GF	136	360	16	5	48	870	5	4	9
✓ Daiya Mushroom & Roasted Garlic, 1/2 pizza, GF	161	390	14	3.5	58	610	6	5	6
DiGiorno Bacon & Cheese Stuffed Crust Better with Bacon, 1/2 pizza	129	330	17	8	28	780	1	2	16
DiGiorno Crispy Pan Pizza Cheesy Garlic, 1/2 pizza	139	410	20	7	40	640	1	2	18
✓ DiGiorno Ultra Thin Gluten Free Sausage Supreme, 1/2 pizza, GF	142	270	12	5	29	520	1	4	11
Freschetta Gluten Free Four Cheese, 1/4 pizza, GF	124	330	15	8	37	680	1	8	13
Freschetta Naturally Rising Crust Canadian Style Bacon & Pineapple Pizza, 1/4 pizza	130	290	9	4.5	41	760	2	9	12
✓ Freschetta Whole Grain Crust Chicken and Fire Roasted Vegetable, 1/2 pizza	139	290	9	4.5	38	620	4	10	14
✓ Newman's Own Mediterranean Thin & Crispy, 1/2 pizza	145	290	12	5	34	640	1	3	12
Newman's Own White Thin & Crispy, 1/2 pizza	142	350	18	9	33	690	0	2	15
Red Baron Brick Oven Sausage Supreme, 1/4 pizza	134	320	14	5	37	730	2	8	13
Red Baron Thin & Crispy BBQ Style Chicken, 1/2 pizza	141	370	14	7	49	780	1	23	13
Smart Flour Chicken Sausage, 1/2 pizza, GF	145	310	12	5	42	680	3	5	11
Smart Flour Classic Cheese, 1/2 pizza, GF	143	320	12	6	43	660	3	5	12
✓ Smart Flour Garden Margherita, 1/2 pizza, GF	147	300	10	5	43	620	3	5	10
✓ Trader Giotto's Organic Roasted Vegetables, 1/2 pizza	152	300	11	4.5	36	550	5	4	12
✓ Trader Giotto's Pizza Parlanno, 1/4 pizza	129	330	16	6	33	620	<1	5	13
Trader Joe's Gluten Free Cheese Pizza with Cauliflower Crust, 1/2 pizza, GF	113	250	12	7	24	490	3	3	14
Udi's Margherita, 1/2 pizza, GF	142	330	13	7	44	450	2	6	10
Udi's Three Cheese, 1/2 pizza, GF	142	360	15	9	45	570	2	6	12
Whole Foods Wood Fired Marinated Grilled Vegetables on Wheat Flour Crust, 1/2 pizza	127	260	10	4	33	720	4	4	10

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, GF=Gluten Free. Daily requirement based on 2,000 calorie/day diet. Source: product labels and company websites.