

Mama Mia, Pizzeria!

Restaurant Pizza Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Pizza picks contain no more than 300 calories (15% DV), 10 g fat (15% DV), 4 g sat fat (20% DV), and 510 mg sodium (21% DV) per serving.

Pizza	Serv Size	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carb (g)
CHEESE ONLY							
California Pizza Kitchen Thin Crust Margherita	1/4 pizza	276	n/a	5	502	13.5	27
✓ CiCi's To Go Pizza Cheese #	1 slice	190	5	2	410	7	24
✓ Domino's Thin Crust Cheese * ##	1 slice	194	9	4	350	9	20
✓ Godfather's Thin Crust Cheese #	1 slice	210	10	3.5	270	9	17
✓ Little Caesar's Round Hot-N-Ready Just Cheese ##	1 slice	250	9	4	440	12	32
Papa Gino's Thin Crust Cheese ##	1 slice	230	7	4	630	10	32
Papa John's Thin Crust Cheese ##	1 slice	230	12	5	380	9	22
✓ Papa Murphy's DeLite Thin Crust Cheese #	1 slice	138	6.5	3.5	269	7.5	13
Pizza Hut Pan Pizza Cheese ##	1 slice	360	17	7	740	15	37
VEGGIE-TOPPED							
✓ CiCi's Buffet Pizza Spinach Alfredo #	1 slice	120	3.5	1.5	270	4	19
Domino's Deep Dish Mushroom * ##	1 slice	295	11.5	4	659	11	38
Domino's Hand Tossed Tomato * ##	1 slice	260	9	4	586	10	35
Godfather's Original Crust Veggie #	1 slice	300	9	4	610	14	38
Little Caesar's Veggie ##	1 slice	270	10	4.5	560	13	33
Papa Gino's Thin Crust Super Veggie ##	1 slice	250	8	4	680	11	35
Papa John's Original Crust Spinach Alfredo ##	1 slice	280	10	4.5	690	11	36
Papa Murphy's Original Crust Gourmet Vegetarian #	1 slice	271	12	5.5	613	12	28
Pizza Hut Hand Tossed Style Veggie Lovers ##	1 slice	290	10	4.5	770	13	39
MEAT-TOPPED							
California Pizza Kitchen BLT	1/4 pizza	330	n/a	6	67	14	31
California Pizza Kitchen The Original BBQ Chicken	1/4 pizza	284	n/a	5	642	15	34
California Pizza Kitchen Thin Crust Pesto Chicken	1/4 pizza	332	n/a	5	656	15	28
✓ CiCi's Deep Dish Buffet Pizza #	1 slice	170	6	3	330	7	19
✓ CiCi's Sausage Buffet Pizza #	1 slice	140	5	2	420	6	20
✓ CiCi's Ham & Pineapple To Go Pizza #	1 slice	200	6	2.5	500	8	24
✓ CiCi's Thin Crust Italiano To Go Pizza #	1 slice	95	5.5	2	235	7	9
Domino's Brooklyn Italian Sausage * ###	1 slice	313	15	7	838	13	31
Domino's Hand Tossed Pepperoni * ##	1 slice	331	15	5	826	12	38
Godfather's Golden Crust All Meat Combo #	1 slice	340	16	6	760	17	29
Godfather's Golden Crust Bacon Cheeseburger #	1 slice	330	17	7	750	15	29
Godfather's Mozzaloaded Hot Stuff #	1 slice	360	21	8	940	16	28
Little Caesar's Deep Dish Pepperoni ##	1 slice	360	16	6	640	16	38
Little Caesar's Ultimate Supreme ##	1 slice	310	13	6	640	15	33
Papa Gino's Rustic Pepperoni ##	1 slice	250	12	6	630	10	22
Papa Gino's Thin Crust Works ##	1 slice	330	14	6	770	16	34
Papa John's Original Crust Spicy Italian ##	1 slice	380	18	7	980	14	38
✓ Papa Murphy's DeLite Hawaiian #	1 slice	151	7	4	340	9	15
Papa Murphy's Original Crust Gourmet Chicken Garlic #	1 slice	289	12	6	619	16	27
✓ Pizza Hut Fit 'n Delic Chick, Red Onion, & Green Pepper ##	1 slice	180	4.5	2	510	11	23
Pizza Hut Pan Pizza Meat Lover's ##	1 slice	480	28	10	1180	20	37
Pizza Hut Stuffed Crust Pepperoni ##	1 slice	380	17	8	1050	17	39
Pizza Hut Thin 'n Crispy Ham & Pineapple ##	1 slice	240	9	4	750	11	31
Pizza Hut Thin 'n Crispy Pepperoni & Mushroom ##	1 slice	260	11	5	740	12	29

Note: Nutrition information is based on a large pizza when more than one size is offered; California Pizza Kitchen offers only one size; g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, n/a=not available; DV=Daily Value. Source: restaurant websites. *Nutrition information based on "New Pizza Sauce" and "Regular Cheese"; # 1/10 of pizza; ## 1/8 of pizza; ### 1/6 of pizza.

Some folks are pizza aficionados; they're very particular about their crust, sauce, toppings, and more. Then there are those who are a bit more relaxed about their pizza—as long as it's a piece of triangle-shaped dough topped with sauce and cheese, it's good enough.

Whatever camp you fall into, it may surprise you to hear that pizza can, fairly easily, fit into a healthy diet. Not all pizza, mind you—we're not talking about those pies with cheese stuffed into the crust, with a half-dozen different types of meat decorating the top. When you break it down, your basic pizza is typically a lean bread crust with cooked tomato products—a great source of lycopene—and calcium-rich cheese. Overall, pretty healthy, right? It's when the pizza makers get creative that the calories and fat levels begin to creep up.

Pizza shops across the country have put their own marks on the blank canvas of a pizza. Crusts are now filled or topped with cheeses. And toppings have expanded from the basic sausage, pepperoni, or mushroom to more wild combinations such as spinach Alfredo, Buffalo, BLT—and so much more.

Helpful hints. The next time you're in the mood for a hot, cheesy slice, first check out the tips below to help keep a little bit of health in your meal.

- **Make a meal of it.** When many of us have pizza, that's all we eat. This makes it easy to gobble up three, four, or more slices. Try to round out the meal by adding a veggie-filled salad, and perhaps some fruit on the side. With additional components to your meal it will be easier to limit your pizza to one or two slices.
- **Go vegetarian.** For pizza, I mean. It's not surprising that many of pizza's less-than-healthy attributes come from the fat-laden meat toppings, such as sausage, bacon, and pepperoni. Most pizza places offer a pretty good variety of meatless toppings, so give them a whirl next time. And, if you've never tried it, fruity pineapple makes a delicious topping. But, if you just can't say no to the meat, try chicken or ham to help trim the fat.
- **Thin to win.** Those thin crusts offer more than just crispness when you bite into them. Choosing the thin crust over the thicker crust can save you about 100 calories, 10 grams of fat, and about half the amount of saturated fat for each slice you eat. **EN**

—Heidi McIndoo, M.S., R.D.