

Pizza Packs Nutrition and Pizzazz

Pizza is an American favorite and can be a great fit in a healthy eating plan. Pizza is a perfect example of several food groups from the Food Guide Pyramid combined in one meal. The crust is a grain, the tomato sauce is a vegetable, the cheese a dairy and any meat is, of course, a protein.

Making pizza healthier starts with the toppings:

- Boost vegetable intake by adding onions, green peppers, broccoli, jalapenos or artichoke hearts.
- Decrease the fat by choosing crabmeat, Canadian bacon, shrimp, lean meat or chicken.
- Avoiding extra cheese also helps.
- If you're adventurous, add vegetables, pineapple chunks or barbecue sauce.

Remember, a pizza can be anything you want. So use the Food Guide Pyramid to make it healthy and enjoyable.