

# Frozen Pizza

## Eat This

Margherita pizza relies on traditional Italian ingredients such as Italian cheeses, basil, and olive oil, all of which are nutritionally superior to America's favorite topping, pepperoni.

**Palermo's® Primo Thin™ Margherita**  
(½ pizza, 140 g)  
260 calories  
12 g fat (5 g saturated)  
520 mg sodium



**Amy's® Mushroom & Olive**  
(½ pizza, 123 g)  
250 calories  
9 g fat  
(3 g saturated)  
560 mg sodium  
Not all of Amy's pizzas are so easy on the gut, but Mushroom & Olive is one of the best.

**Healthy Choice® French Bread Pizza Pepperoni**  
(1 pizza, 170 g)  
350 calories  
4.5 g fat  
(1.5 g saturated)  
600 mg sodium  
You can eat two Healthy Choice pizzas and still save 70 calories over the DiGiorno.

**Kashi™ Mediterranean**  
(½ pizza, 120 g)  
290 calories  
9 g fat  
(4 g saturated)  
640 mg sodium  
One of the healthiest pies in the market, complete with 5 grams of fiber from the flax seed crust and the benefit of peppers and mushrooms.

**Red Baron® Classic Crust Supreme**  
(½ pizza, 137 g)  
330 calories  
15 g fat  
(7 g saturated)  
630 mg sodium  
If you insist on pepperoni and sausage, at least balance it out with a few veggies.

**Lean Pockets® Pepperoni**  
(1 piece, 137 g)  
290 calories  
8 g fat  
(4 g saturated)  
680 mg sodium  
Pizza for one? A Lean Pocket is better than any single-serving pizza in the cooler.

**DiGiorno Thin & Crispy Crust Pepperoni**  
(½ pizza, 125 g)  
320 calories  
15 g fat  
(7 g saturated, 0.5 g trans)  
790 mg sodium  
If you go pepperoni, go thin crust—it cuts the fat by nearly half.

## Not That!

**Wolfgang Puck® Four Cheese, Tomato, and Pesto**  
(½ pizza, 116 g)  
330 calories  
17 g fat (7 g saturated)  
690 mg sodium

Wolfgang could have a healthy pizza if he'd only lighten up on the oil, sugar, and salt.



**Tombstone Original Pepperoni**  
(½ pizza, 153 g)  
390 calories  
20 g fat  
(8 g saturated)  
880 mg sodium  
The thick layer of cheese and pepperoni shoots their thin slices up to nearly 20% of your daily calories per serving.

**Jeno's® Crisp 'N Tasty® Pepperoni**  
(1 pizza, 392 g)  
490 calories  
25 g fat  
(6 g saturated, 4.5 g trans)  
1,180 mg sodium  
This represents 40% of your daily fat, half your daily sodium, and three days of trans fats.

**DiGiorno Ultimate Four Meat Thin Crust**  
(½ pizza, 142 g)  
390 calories  
20 g fat  
(8 g saturated)  
1,010 mg sodium  
Four meats = serious saturated fat influx.

**California Pizza Kitchen® Crispy Thin Crust Four Cheese**  
(½ pizza, 127 g)  
330 calories  
16 g fat  
(8 g saturated, 1 g trans)  
690 mg sodium  
It's best to avoid most CPK pizzas.

**DiGiorno For One Traditional Crust Pepperoni**  
(1 pizza, 283 g)  
770 calories  
35 g fat  
(14 g saturated, 3 g trans)  
1,430 mg sodium  
This pizza has as many calories as 17 Chicken McNuggets.

**Amy's® Whole Wheat Crust Cheese & Pesto**  
(½ pizza, 132 g)  
360 calories  
18 g fat  
(4 g saturated)  
680 mg sodium  
It sounds perfectly healthy, but the oily pesto pushes the calorie way up.