

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.

Jenos® 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.