

Looking for ways to lower sodium in your diet?

Grab a slice of pizza instead of a burrito!

Did you know that a burrito has four times more sodium than a slice of either cheese or pepperoni pizza, and more than double that of a club sandwich, and 50 percent more than the typical cheeseburger with fries and ketchup?

SODIUM CONTENT IN FOOD AND THE IMPORTANCE OF EVALUATING WHOLE FOODS

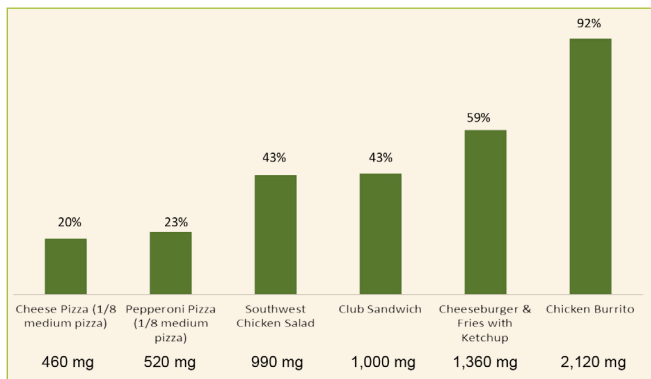


Chart reflects percent of 2,300 mg of sodium/food item according to the CDC 2010 Dietary Guidelines for Americans recommendation to limit sodium to less than 2,300 (mg) per day. (Sources: Domino's medium cheese and pepperoni pizza, 1 slice, 3.2 oz.; McDonald's Premium Southwest Salad w/Chicken, 12 oz.; 6" Subway Club Sandwich, 8.5 oz.; Burger King Regular Cheeseburger, Med Fries w/ketchup, 1 serving; Chipotle Burrito w/Chicken, 15 oz.)

Too often pizza mistakenly gets lumped in with single-item foods that top high-sodium lists. Yet unlike other foods, pizza is a complete meal.

Consider that in a single serving (approx. 2 to 3 slices), pizza makes the following daily dietary contributions:

- dairy (10%)
- vegetables (5%)
- tomatoes (17%)
- grain (8%)

(Source: 2010 Dietary Guidelines for Americans National Health & Nutrition Examination Survey/NHANES 2005-2008; 2 years and older; n=16,587)

Pizza is one of the few meals that is quick but freshly-baked, offers a wide variety of ingredients and can be customized to individual tastes and dietary requirements. **Today, 94 percent of the U.S. population eats pizza because it represents an affordable, easy and nutritious meal option.**

SODIUM HAS A FUNCTIONAL ROLE IN PIZZA

From manufacturing and flavor to texture, quality and functionality, sodium is a natural part of the pizza-making process.

DOUGH

- Controls the amount of leavening in the dough
- Flavor and fiber

SAUCE

- Flavor and nutrients



MEAT

- Cures the meat
- Safety and preservation
- Appearance, texture, color
- Flavor and protein

CHEESE

- Naturally-occurring
- Functionality
- Flavor and calcium

TIPS ON HOW TO REDUCE SODIUM ON YOUR PIZZA

For those conscious of their sodium intake, it is important to know that pizza brands offer a wide variety of options to create a healthy and nutritious meal. As always, moderation is the key to any healthy diet.

- **Choose a thinner crust.** Many pizza brands and pizzerias offer a variety of thinner crust options.
- **Choose lower-calorie bread.** More and more pizzas offer whole wheat and gluten-free choices for crusts.
- **Choose more veggies.** Vegetables as a topping are both filling and have lower sodium amounts than meatier options.
- **Choose fruit.** Pineapple, apples and dried fruits are among a growing list of fruits commonly offered as toppings.
- **Choose higher protein meat.** Chicken is now the top-listed protein in the full-service pizza segment and the 3rd most frequently listed protein at limited-service pizzerias.

Source: Technomic's Pizza Consumer Trend Report, April 2012)