



The
PTI BUZZ
Carol Kur, MSRD

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Healthy Pizza Choices

Everyone loves pizza but not the calories that go with it. Here are healthy pizza choices that you can get right in the frozen food section of your supermarket.

- Stouffer's Lean Cuisine Deep Dish Margherita Pizza-
Per pie: 320 calories, 9g fat, 2.5g saturated fat, 4g fiber
- DiGiomo Harvest Wheat Thin Crispy Crust Supreme Pizza-
Per slice: 250 calories, 8g fat, 3.5g saturated fat, 4g fiber
- South Beach Diet Harvest Wheat Crust Pepperoni Pizza-
Per pie: 350 calories, 12g fat, 4.5g saturated fat, 9g fiber
- Amy's Whole Wheat Crust Pizza Cheese & Pesto-
Per slice: 360 calories, 18g fat, 4g saturated fat, 2g fiber

If you decide to splurge outside the home on a piece of pizza, have a salad first to fill you, then one thin sliced piece as your entree.

Walk just 1 mile at a moderate pace and burn 100 calories!!!



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