



Useful nutrition tips from
Natalie Greene, RD

Pizza Pointers

1 slice of NY-Style Cheese Pizza=400 cal & 10 g fat

'South Beach Diet' Pepperoni Pizza=350 cal & 12g fat

'California Pizza Kitchen' Crispy Thin Crust Margherita Pizza=
300 cal & 13 g fat

So what do you do when you have a pizza craving and you don't want to consume all those extra calories and fat?

Try toasting a whole-wheat english muffin with a little tomato sauce and a sprinkle of part-skim mozzarella cheese for a yummy but much lighter snack...

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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