

# SAN DIEGO UNION-TRIBUNE

## Have a piece of the pie, but just one

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### Portion Patrol: Pizza

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Today's favorite food: From thin-crust to deep dish, veggie to meat toppings, pizza is one tasty treat that comes in many shapes, sizes and styles. Everyone has a favorite, but is any one kind healthier than another?

"All pizza is a good source of calcium and protein, and the tomato sauce contains lycopene," says **Lisa Young, Ph.D., R.D.**, author of *The Portion Teller*. "But for toppings, your best bets are vegetables – spinach, broccoli or peppers."

While pizza does have its health benefits, it should still be consumed in moderation. "You can only estimate portion size with pizza, but the most important thing is to limit yourself to one slice instead of two," Young adds. The government lists pizza in several food categories: grains, vegetables and milk. Each one-slice portion consists of a one-ounce equivalent of grains, one-eighth cup of vegetables and one-half cup of milk. A veggie slice ups the vegetable ante, while a slice with a meat topping, such as pepperoni or sausage, would also fall into the meat and beans group.

An active 40-year-old man is recommended to consume nine ounces of grains, 3 1/2 cups of vegetables and three cups of milk daily. Although a few slices of pizza can add up nicely in the nutritional categories, oil intake – which should be limited to eight teaspoons daily – also increases with each serving. Sticking to one slice is the safest bet for pizza eaters of all ages.

One serving = 1 cheese slice = thinness of CD case, six to eight dice of cheese

Calories: 272

Carbohydrates: 33.6 g

Fat: 9.8 g

Protein: 12.3 g

Calcium: 182.3 mg

Nutrition source: [CalorieKing.com](http://CalorieKing.com)

New government diet regulations make constructing your daily dietary intake as simple as building an actual pyramid. But with help visualizing portion sizes, at least some of the mystery surrounding your favorite foods can be solved. Visit [www.MyPyramid.gov](http://www.MyPyramid.gov) for more information.

–CHRISTINA ORLOVSKY