

# 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

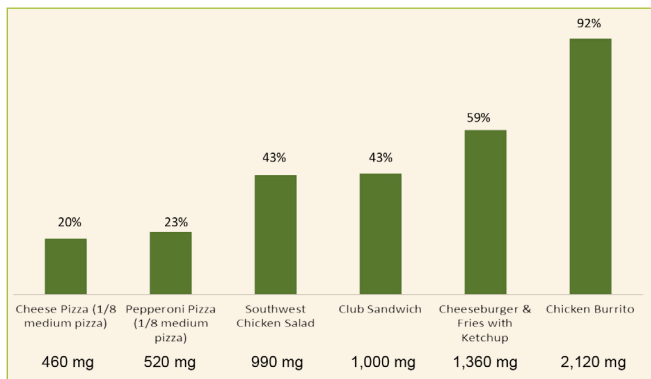


Chart reflects percent of 2,300 mg of sodium/food item according to the CDC 2010 Dietary Guidelines for Americans recommendation to limit sodium to less than 2,300 (mg) per day. (Sources: Domino's medium cheese and pepperoni pizza, 1 slice, 3.2 oz.; McDonald's Premium Southwest Salad w/Chicken, 12 oz.; 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)