

What about Pizza?

Registered Dietitian, Joy Supplee, gives tips on how to have pizza as part of a healthful diet.

Did you know that you can include pizza as part of a healthful diet? Most of your favorite foods can be part of a healthful diet if you just apply a few simple strategies. For pizza, here are a few of my favorite strategies:

1. Always think “Pizza AND salad”. Eat a colorful salad first, choosing a low-fat dressing. Take your time. It takes your brain several minutes to register that there is something in your stomach. Maybe also have a dish of fruit. Then, by the time you get to the pizza, it’s really much easier to have just one large slice or two smaller slices.
2. Choose low-fat toppings and a thinner crust. It’s usually the high-fat meats, thick crust and gobs of cheese that make pizza so fattening. Choose lower fat meat toppings such as Canadian bacon or chicken. Maybe even consider a little less cheese.
3. Load your pizza up with vegetable toppings, even pineapple chunks if you wish. A visually “loaded” pizza slice, even with vegetables, seems much more satisfying.
4. If your pizza slice shows visible signs of grease/oil pooling on top of it, as is often with pepperoni, take a paper towel or napkin, lightly place it on top of the slice, blot up this extra fat. This decreases the number of calories you eat from any given slice.
5. Try to avoid trans-fats in your pizza crust. Many crusts are made with partially hydrogenated oils and these are trans-fats that are not good for your health. If you buy frozen pizza, check the label to make sure that the words “partially hydrogenated” are not anywhere in the ingredients. If so, it contains trans-fats. If you purchase pizza to be delivered, you can ask the company if there are partially hydrogenated oils in the crust.

Now, isn’t it nice to know you don’t have to feel guilty about the occasional pizza meal done right?

For more information on Joy Supplee or her services, please see her site at <http://www.customfitnutrition.net>.