

WHAT'S IN YOUR PIZZA SLICE?

DAIRY

Cheese is an excellent source of potassium, phosphorus, protein, vitamins A, D, B12, riboflavin and niacin. It provides 3 of the 4 nutrients missing in most kids diets. Try mozzarella, provolone, cheddar, smoked gouda and asiago.

GRAIN

Half of your grains each day should be whole grain. Try whole grain crust! It's a great source of fiber, several B vitamins and minerals like iron.

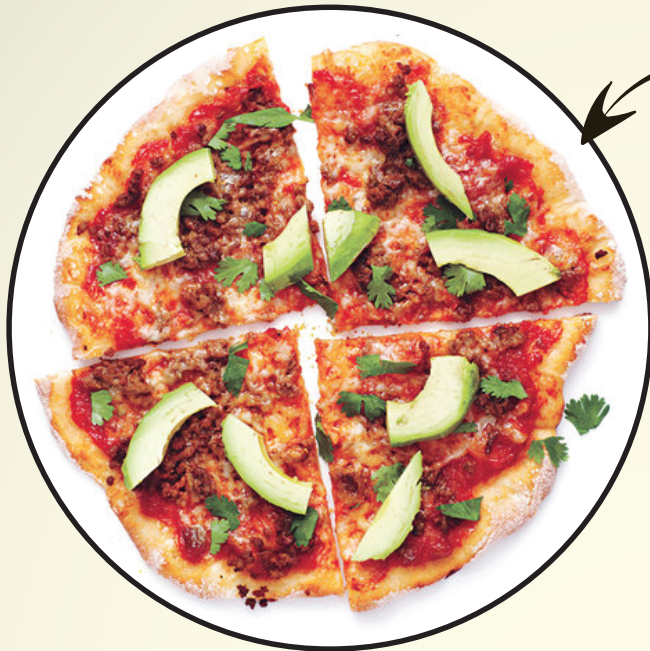
PROTEIN

Choose lean or low-fat meat and poultry. These foods give your body energy, strengthen your muscles and carry oxygen in your blood. Try diced chicken, ground beef, shredded pork or turkey pepperoni.

FRUITS & VEGGIES

Start with pizza sauce, which is full of vitamin C and antioxidants. Adding a variety of fruit and vegetables will add potassium, fiber and vitamins A and C. Vary the color and combinations.

KID FRIENDLY COMBOS



TACO PIZZA

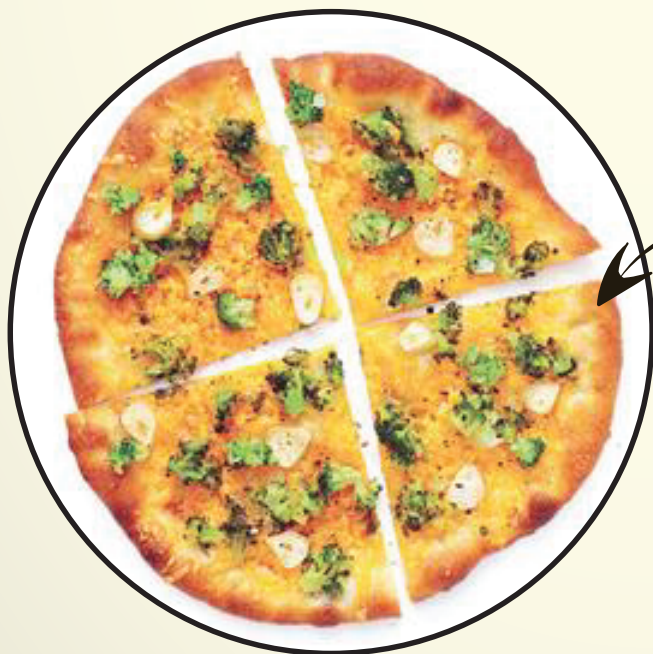
3/4 lb. ground beef, cooked
1 C salsa
8 oz. monterey jack cheese, grated

Once cooked, top with:

1/4 C fresh cilantro, chopped
1 avocado, sliced

SPINACH AND ARTICHOKE PIZZA

2 C marinated artichoke hearts,
drained and quartered
2 C baby spinach
8 oz. mozzarella cheese, grated
4 oz. cream cheese, cut into pieces
1/2 C grated parmesan cheese



BROCCOLI AND CHEDDAR PIZZA

2 C frozen broccoli, thawed and
chopped
2 garlic cloves, minced
8 oz. cheddar cheese, grated