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Making a Healthier Pizza

**Instead of: Try:**

# High-fat Meats Low-fat Meats

Pepperoni Low-fat pepperoni

Ham Canadian bacon

Regular Hamburger Extra lean ground beef/ground turkey

 Sausage Flavored turkey sausage/soy crumbles Chopped chicken breast

# White Flour Crust Whole Wheat or Whole Grain Crust

Regular Pizza Sauce Low-sodium Pizza Sauce

Extra Cheese Part Skim Mozzarella – spread thinly

No Vegetables Vegetable/Fruit Options Green/yellow/red/orange bell peppers Roasted red pepper

Onions/green onions

Mushrooms Artichoke hearts Zucchini

Yellow summer squash Tomatoes/sun dried

Broccoli

Olives – black or green Egg plant

Pineapple