



Build a better-for-you pizza

Whether you're dining out or making your own, it is possible to build a pizza that is more nutritious than your standard options—and even more satisfying. Use this guide (**from bottom to top**) to assemble a pizza that will taste great and help keep you feeling your best.

5

Seasonings

Sprinkle with any herb you'd like—oregano, basil, parsley, rosemary, crushed red pepper flakes.



4

Toppings

Load up with veggies—onions, peppers, roasted eggplant, broccoli, spinach and more. The more you choose, the more satisfying and vitamin-packed your pizza will be.



3

Cheese

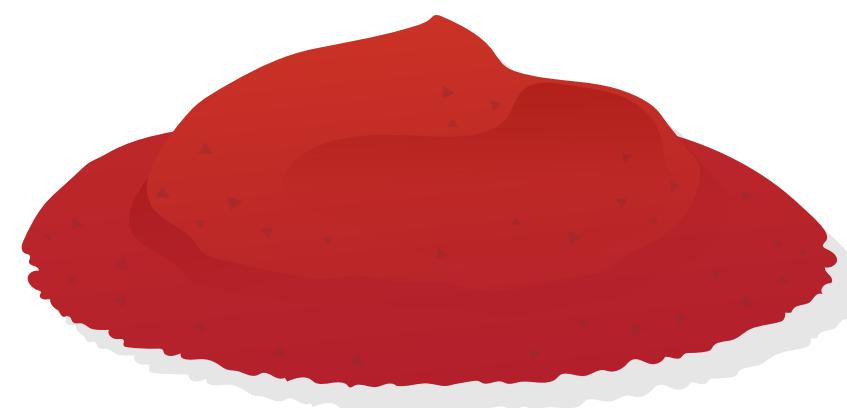
Ask for "half cheese." If you're making your own, use a low-fat cheese and sprinkle lightly. You'll still get the same flavour and creaminess, but with less sodium and saturated fat.



2

Sauce

Low in calorie and full of health-boosting nutrients like antioxidants, traditional marinara, or tomato sauce, is your best bet. Less typical choices like pesto sauce, ricotta cheese and barbecue sauce may be higher in saturated fat, calories or sodium.



1

Base

Opt for thin crust over deep dish to keep the carbs down. If it's available, whole wheat dough can add some filling fibre. Cauliflower-based crust can also be a nutritious option.

