



A Healthy Pizza Starts At The Top

Americans order about three million pizzas a year. Any way you slice it, this favorite is high in calories and saturated fat. If you eat pizza frequently, here are some heart healthy tips:

Pile on the veggies!

- ✱ Vegetable toppings are lowest in calories and fat and have the most nutrients. Try broccoli, artichoke hearts, fresh tomatoes, spinach, mushrooms, kalamata olives, and onions.

Hold the sausage!

- ✱ Chicken and ham have the fewest calories among meat toppings. Nuts and seeds, such as walnuts and sesame seeds are high in healthy fats and are also a source of protein.
- ✱ Pepperoni is less fattening than beef. Sausage has the most calories of all meats.

Cut the Cheese!

- ✱ Order your pizza with half the cheese. Sprinkling with grated Parmesan will add flavor but has fewer calories than melted mozzarella.



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Portrait Pizza

Check out this heart-healthy recipe that is fun for the whole family. A substitute for hummus is tomato or pesto sauce. Choose an oil made with heart-healthy olive or canola oil.

Ingredients:

6 2-oz. whole wheat pita pockets such as Toufayan or Sahara
1 T olive oil
1 7-oz. pkg. hummus
6 thin slices provolone cheese
6 T shredded carrots or red cabbage
2 medium mushrooms with stems, thinly sliced top to bottom
6 jumbo ripe olives, sliced in thick circles
12 very thin slices red onion
1 small red bell pepper, sliced top to bottom
12 thin slices green bell pepper

Instructions:

Preheat oven to 500°F.

Step 1:

Brush one side of every pita with olive oil. Spread 2 T hummus on each one, and lay a slice of cheese on the lower two-thirds. Using other ingredients decorate your pizza as you wish. Try using carrots or cabbage for hair or mushrooms for a nose.

Step 2:

Carefully transfer pizzas to cookie sheets. Bake for approximately 10 minutes or until the vegetables soften and cheese melts.

Source: By Colleen Pierre, R.D.; www.child.com

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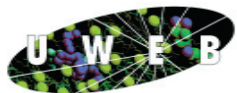
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



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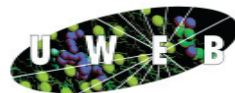
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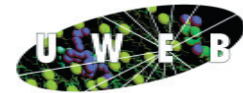
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