

Health and Diet - Nov 1, 2004

Pizza Time!

Skip the high fat toppings and pizza can be as nutritious as it is delicious! Enriched pizza dough contains B vitamins and added fiber content if you chose whole wheat! Per calorie, cheese is one of the best sources of calcium you can find. Top your pizza with broccoli, and you add even more calcium plus antioxidants and vitamin C! Tomatoes are also a great source of antioxidants called lycopenes.