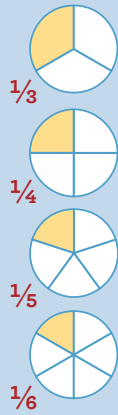


Pizza and *Serving Sizes*



1/6

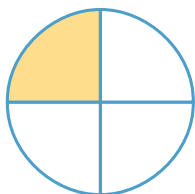
In this example, one serving is 1/6th of the pizza

This guide will help you decide what's right for you. Let's start with the Nutrition Facts that appear on every carton of pizza sold in your grocer's freezer case. Look for the *Serving Size* right at the top of the panel.

Pizza serving sizes are defined by the USDA and FDA so labels are consistent, allowing for comparison between products. (It's not a recommendation for how much to eat.)

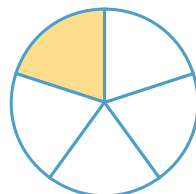
The serving size consists of two components, the fraction of a pie and the weight. The weight should be relatively consistent between pizzas, but the fraction of the pie can vary considerably depending on the size of the pizza, toppings, type of crust, etc. Check the Nutrition Facts panel to find the serving size – shown in grams and expressed as a fraction of the pizza (for example, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{5}$ or $\frac{1}{6}$).

Different Pizzas, *Different Serving Sizes*



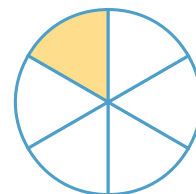
$\frac{1}{4}$

Tombstone® Original Pizza Pepperoni



$\frac{1}{5}$

Tombstone® Double Top Pizza Pepperoni

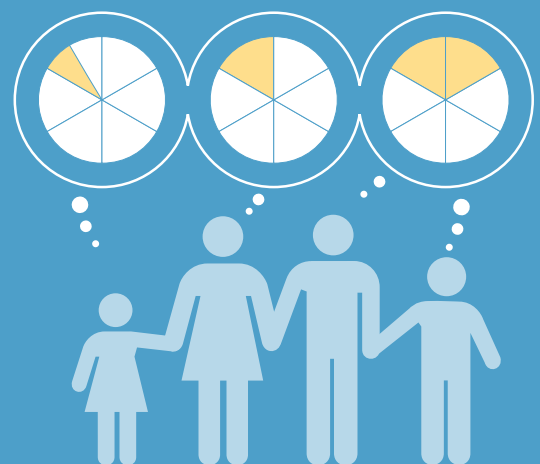


$\frac{1}{6}$

Tombstone® Garlic Bread Pizza Pepperoni

One Size Doesn't Fit All

The Nutrition Facts shown on food packages are based on an average adult, who needs about 2,000 calories a day. You may need *more* if you're a man, a teenager, physically active or pregnant/nursing. You may need *less* if you're a small-framed woman, a child or managing your weight.



Find your needs: www.cnpp.usda.gov/Publications/USDAFoodPatterns/EstimatedCalorieNeedsPerDayTable.pdf

Servings & Portions

Now you know the size of a *serving*, but how many slices do you want to enjoy? That's what defines your *portion*. Nutrition Facts can help you decide. Just do the math. For example, if you want your portion to be two "servings," just multiply the Nutrition Facts by two.

