




# Pick Your *Portion*

Portion size is highly individual. It's partly a matter of how many of your daily calories or other nutrients you might want to "spend" on pizza that day. Maybe you had a really indulgent breakfast, or plan a big dinner and decide to go easy on the pizza at lunch? Or maybe pizza is your main meal after playing a big game, and you opt for a second serving. Knowledge gives you the power to choose smartly.



## Example: DiGiorno® Rising Crust Four Cheese Pizza (11½")

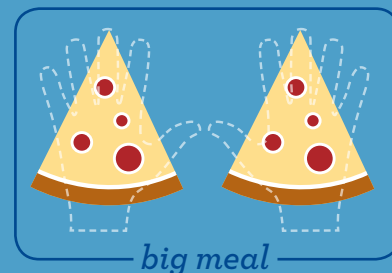
PORTION OF PIZZA	1 serving*	1½ servings*	2 servings*	DAILY VALUES ARE BASED ON YOUR CALORIE NEEDS*	
	1/6 <sup>th</sup> (133g) 	1/4 <sup>th</sup> (200g) 	1/3 <sup>rd</sup> (266g) 	2,000 cal. diet	2,500 cal. diet
Calories	310	465	620		
Total Fat	10g	15g	20g	65g	80g
Saturated Fat	5g	7.5g	10g	20g	25g
Sodium	870mg	1305mg	1740mg	2400mg	2400mg

\*As indicated on the Nutrition Facts panel

## Show Of Hands For Pizza!

Dietitians often use a memorable way to think about portion sizes; for example, a protein portion (for an adult) is about the size of a pack of playing cards. Here's a memory aid for pizza portions: It's only approximate because every slice is different, but it's super easy.

Picture your hand as a pizza slice and plan to enjoy only one or two hands' worth. A child or small woman's hand is smaller ... and, so are their portions.



# Pick *the Perfect Pizza Portion* for You!

It's fairly simple to take a mindful approach to pizza.

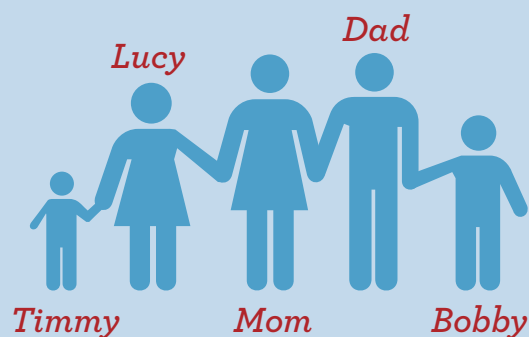
- ① Select your favorite kind of pizza
- ② Reference the Nutrition Facts on the carton (shown per "serving size")
- ③ Limit your personal portion based on your calorie requirements for the day (our toolkit will help guide you)
- ④ Build a thoughtful meal around your pizza portion to include fruits, vegetables, salad and lowfat dairy
- ⑤ Savor your selection knowing that you are enjoying a food you love in the right amount for you!

## Our sure-fire recommendation

Here's an even simpler way to make a mindful selection. Enjoy one slice (about six ounces and 300-400 calories) along with a salad, roasted vegetables, fresh fruit and glass of water or low-fat milk. That's a perfectly sensible plan for almost anyone!

## Match the Pizza Portion to *Individual Needs*

Let's say it's "Pizza & Salad Night" for the Johnson family of five and it's their biggest meal of the day. Here's how they might enjoy a six-serving pizza (labeled with a serving size of 1/6<sup>th</sup>) to account for their individual needs.



→ This is just an illustration to help you think through how very different needs can be at each place around the table. What are the individual needs of *your* family?

FAMILY MEMBERS & THEIR PORTION CHOICE	TYPICAL DAILY CALORIE NEEDS	INDIVIDUAL PORTIONS	COMMENTS
<b>Dad</b> , 45, works at a desk but works out weekdays	2,600		Men can eat more, especially if they are active
<b>Mom</b> , 42, is lucky to fit in yoga on Saturday after teaching school all week	1,800		Smaller women need less, especially those who aren't active
<b>Lucy</b> , 15, just home from her soccer game	2,400		Active, fast-growing teens, including girls, need more calories
<b>Bobby</b> , 13, a confirmed bookworm	2,000		Teens need calories for growth, but how many depends on their level of physical activity
<b>Timmy</b> , 5, a preschooler who plays at recess but loves his video games	1,600		Younger children need fewer calories