

Pizza for Two?

Plan ahead to eat a smart portion. Maybe you'd like to split a small pizza between you and a friend or family member. Or if you have a bigger appetite, choose a large pizza, eat the portion you'd like, then refrigerate or freeze the leftovers for later.



Pizzas come in all sizes, including small ones. Packaging for these small sizes often shows Nutrition Facts for both a whole and divided pizza. They are perfect for sharing.

Pizza & Managing a Healthy Weight?!

Everyone needs to understand their perfect pizza portion – even those of us trying to lose weight. Dietitians have some simple advice: You'll probably run into pizza occasionally when you're trying to reduce your calories. Or you might simply want some after a great workout. Fear not!

It's fine to have a slice of pizza and complement it with a large, lightly dressed salad and/or vegetables. After all, learning portion control is a secret to achieving and maintaining your healthy weight long term.



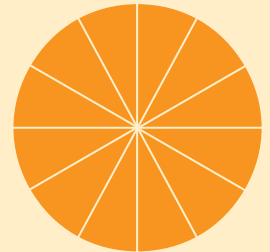
Join in the fun of pizza, but have it your way.

Tip: Cut Your Pizza into Smaller Slices

Make it easy for you and others at the table. After baking, carefully slice your pizza into half-serving sizes – based on the serving size shown on the carton. That gives your family members more control to eat the amount they prefer.



Standard Serving Sizes



Half-Serving Sizes



Eating Out: A Whole Different Ballgame

Compared to pizzas from your oven, pizzas served in restaurants or delivered to your house can differ in size and weight, so the guidance you see here won't necessarily apply. Also, menus may or may not offer nutritional information. If they don't, it's worth asking, because restaurant and delivery pizzas can vary widely in fat, sodium and calories, according to industry data.