

Club Pizza - Nutrition with Marco

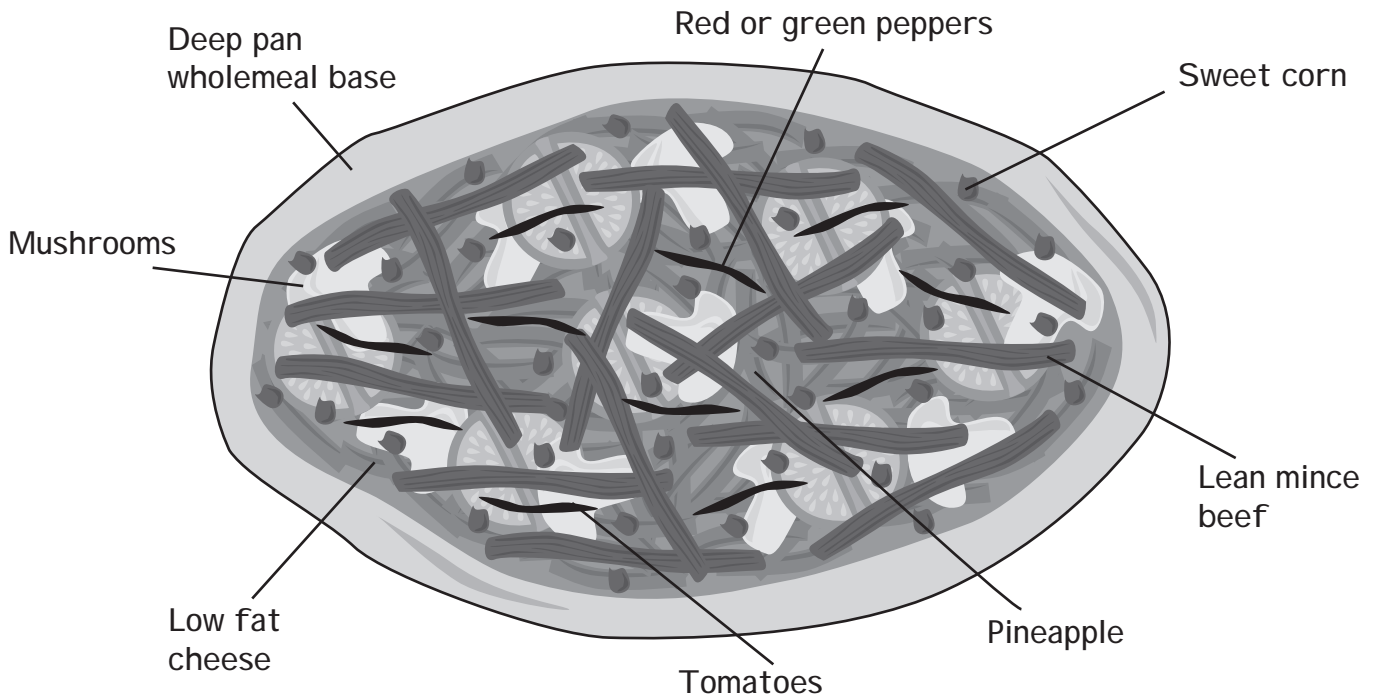
"Nutrition is high up on the list for people who eat at The Global Pizza. When they are out spending their hard earned cash on food, they want a good time and they are more health conscious than their parent's generation. So how do you make pizzas for healthy eating?"



Nutritionists tell us there's no such thing as 'good' and 'bad' food. It's all about eating the right mix of food. The Balanced Plate food selection guide above shows how you can enjoy a good, healthy diet by eating a range of food from the 5 main food groups.

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Think about the Balanced Plate guide as a traditional round pizza shape! Make sure each slice has a good mix of foods. At Club Pizza, we try to make sure all our recipes include something from each of the 5 main food groups.



Here are our Top 10 Healthy Pizza Eating Tips.

1. Use lean meats (reduce fat intake).
2. Grill meats such as bacon before placing on top (reduce fat intake).
3. Use low fat products where possible eg low fat cheese, mix in with other products to enhance depth of flavour (reduce fat intake).
4. Enhance flavour use herbs and spices instead of salt (reduce salt intake).
5. Use wholemeal products in base to add fibre texture and flavour (increase fibre intake).
6. Use vegetables on the topping where possible to add fibre and colour and flavour (increase fibre content).
7. Do not pre-fry vegetable toppings, if they require pre-cooking dry fry or steam (reduce fat intake).
8. A deep pizza base provides more complex carbohydrate, making the pizza more filling and satisfying (increase complex carbohydrate intake as an energy source).
9. Always choose a couple of toppings together with cheese to add variety to your diet.
10. Remember to ENJOY YOUR pizza and eat it slowly to aid digestion.