

# MyPlate's healthier PIZZA



## STEP 1: Pick a GRAIN Base

Make personal-sized with:

- Arepa
- English Muffin
- Naan
- Pita Bread
- Pizza Crust
- Tortilla

*Tip: Make your own dough or buy pizza dough, masa flour or a pre-made crust. Make half your grains whole grains.*

## FRUIT Toppings

Add before cooking:

- Apples
- Pears
- Pineapple

Add flavor boosters  
after cooking pizza:

- Lime Juice
- Mango
- Papaya

## Low-Fat DAIRY

Move to low-fat or fat-free dairy (or lactose-free dairy or fortified soy versions):

- Cheddar
- Feta Cheese
- Gouda
- Monterey Jack
- Mozzarella
- Muenster
- Parmesan
- Pepper Jack
- Ricotta
- Swiss

## STEP 2: Spread a Sauce on the Base

- Hummus
- Low-Sodium Tomato Sauce
- Refried Beans

*Tip: Go light on the sauce. Too much sauce makes the grain soggy.*

## VEGETABLE Toppings

Add before cooking:

- Artichoke Hearts
- Bell Peppers
- Broccoli
- Carrots (shredded)
- Eggplant (grilled)
- Jalapeño
- Mushrooms
- Olives
- Onions
- Potatoes
- Scallions
- Spinach
- Tomatillo
- Tomato
- Zucchini

Add flavor boosters  
after cooking pizza:

- Avocado
- Cucumber
- Lettuce (shredded)

## Lean PROTEIN Foods

- Baby Shrimp
- Beans
- Chicken (grilled)
- Lean Beef
- Lean Ham
- Lean Lamb
- Lean Pepperoni
- Lean Turkey
- Salmon (canned)
- Tofu (grilled)
- Tuna (canned)

## STEP 3: Add Toppings

Choose toppings low in sodium, added sugars, and saturated fat.

### FRUIT and VEGGIES

Pick 2-5. Choose fresh, canned, or frozen (thawed). Drain well and pat dry before adding.

### Lean PROTEIN Foods

Drain or pre-cook and cool before adding.

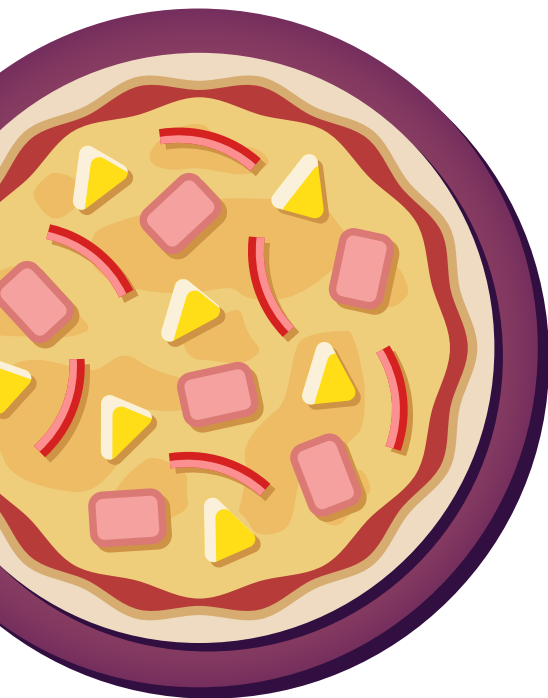
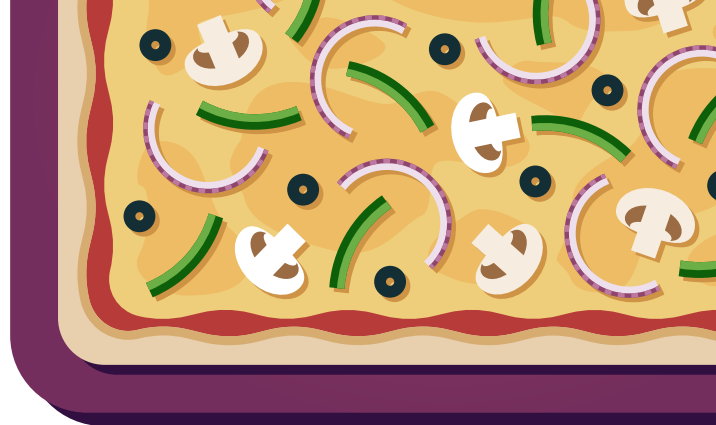
### Low-Fat DAIRY

Flip for **COOKING TIPS,**  
**FINISHING TOUCHES,**  
and **RECIPE IDEAS.**



## Cooking Tips

- Preheat oven to 450-500°F.
- Don't overload on the toppings. It can make the grain base soggy or too heavy to pick up.
- Baking time for pizza is about 15 minutes.



## Spice It Up

Add a light sprinkle for a boost of flavor:

- Basil
- Black Pepper
- Chili Flakes
- Cilantro
- Garlic Powder
- Herbs (chopped)
- Italian Seasoning
- Oregano
- Parsley
- Thyme

## Sauce It Up

Add a light drizzle. Choose sauces low in sodium, added sugars, and saturated fat.

- BBQ Sauce
- Chimichurri
- Crema
- Hoisin Sauce
- Pesto
- Light Ranch Dressing
- Salsa
- Thai Peanut Sauce

## MyPlate Pizza Ideas

- Spinach, tomatoes, baby shrimp, and feta cheese
- Reduced sodium refried beans, chopped onion, diced green chili peppers, red bell pepper, and cilantro
- Grilled chicken breast, red onion, green bell pepper, BBQ sauce, garlic, and cilantro
- Broccoli, shredded carrots, tomatoes, spinach, olives, and mushrooms
- Black beans, avocado, salsa, reduced sodium refried beans, tomatoes, green onion, salsa, and Oaxaca or Monterey Jack cheese
- Grilled tofu, shredded carrots, mushrooms, and Thai peanut sauce

**For more recipes, visit MyPlate Kitchen:**

[www.myplate.gov/myplate-kitchen/recipes](http://www.myplate.gov/myplate-kitchen/recipes)

