

Sodium Content in Take AWAYS

Pizza Hut Pizzas

“..We believe eating sensibly, combined with appropriate exercise, is the best solution for a balanced lifestyle. Pizza can be a part of a well-balanced meal. Ingredients in our pizzas include protein, complex carbohydrates, Vitamin A and calcium. And, depending on the toppings you choose, our pizzas have items from all of the four major food groups - meat, dairy products, fruits and vegetables, and grains! So take a closer look within our menu for suggestions when counting kilojoules and fat grams...” This is a “cut and paste” from www.pizzahut.com.au

OK, let’s look at the salt content. Remember keeping sodium under 2000mg a day is a must!

Sodium in Pizza Hut 6" Personal Pan Pizza®SODIUM MILLIGRAMS Pepperoni Lovers® 1,760 mg Sausage Lovers® 1,600 mg Veggie Lovers® 1,150 mg

<http://www.dietbites.com/Sodium-In-Foods/sodium-pizza-hut.html>

Dominos

I couldn’t find fat nor salt contents listed after looking for 10 minutes on their website.

However, there Brooklyn pizza base contains the following....

Domino’s uses corn meal in the preparation process, but not as a topping. Enriched Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin Folic Acid), Water, Malt, Sugar, Whey, Malted Barley Flour, Yeast, Soybean Oil. Zesty Blend: Butter Flavored Oil (Partially Hydrogenated Soybean Oil, Soy Lecithin, Artificial And Natural Butter Flavoring, Vitamin A Palmitate And Beta-Carotene for Color), Imitation Parmesan Cheese (Water, Modified Food Starch, Casein And Or Caseinate, Partially Hydrogenated Soybean Oil, Cellulose Powder, Salt, Sodium Phosphates, Stabilizers [Mono And Diglycerides, Guar Gum, Carrageenan], Natural Flavor, Lactic Acid, Sorbic Acid [As A Preservative]), Onion And Garlic, Spices, Salt, Lactic Acid, Butter Flavor, Tomato Powder, Bell Pepper. Dextrose, Citric Acid, Extractive Of Paprika And Lemon And Orange Oil With No Greater Than 2% Calcium Silicate And/Or Soybean Oil Added to Prevent Caking, Corn Meal (used in preparation).<http://www.dominos.com/home/menu/ingredients.jsp>

You don’t need a nutritional back ground to appreciate that there are many ingredients in their pizzas other than flour, water and a bit of yeast – NOW that scary!

Eagle Boys I couldn’t find the Eagle Boys ingredients panel after 5 mins on their website and have given up! Clearly best we don’t know!