

EAT THIS!
NOT THAT!

The life of pie

Make pizza your secret weight-loss weapon with these simple slim-down tricks.

BY DAVID ZINCZENKO

➔ From your own kitchen...

EAT THIS!
Spinach-Artichoke Flatbread Pizza

Preheat the oven to 550°. Spread about 3 tablespoons low-sodium pizza sauce on a whole-wheat flatbread or pita and top with ¼ to ½ cup chopped fresh spinach. Add 4 pieces canned artichoke hearts, along with 4 very thin slices of burrata cheese. Sprinkle with 2 tablespoons grated Parmesan and ½ teaspoon red pepper flakes. Add Italian seasoning blend, salt, and pepper to taste. Bake 8 to 10 minutes, until crust is golden and cheese is melted and bubbly. (392 calories)



↘ **NOT THAT!**
Pizza Hut Pepperoni Lover's Personal Pan Pizza

This single-serving pizza is a triple threat. It's loaded with 730 calories—45 percent of them from fat—and nearly 2,000 milligrams of sodium.

↘ And from the pizzeria...
EAT THIS!
Pizza Hut Medium Pepperoni Thin 'N Crispy Pizza

If you don't consider it pizza unless it's topped with pepperoni, this pie is for you. At just 210 calories a slice, you can happily have a second piece.

SAVE! 310 CALORIES!
580 MG SODIUM!

BEST & WORST PIZZAS

You're gluten-free:

NOT THAT!
California Pizza Kitchen Gluten Free Margherita Pizza (755 calories, 43 g fat per 3 slices)

EAT THIS!
Domino's Gluten-Free Cheese Pizza (440 calories, 22 g fat per 3 slices of a small pie)

SAVE!
315 calories
21 grams fat

For a deep dish fix:

NOT THAT!
Uno Pizzeria and Grill Chicago Classic Deep Dish Pizza (748 calories, 53 g fat per slice)

EAT THIS!
Little Caesars Hot-N-Ready Deep! Deep! Dish Pizza (360 calories, 15 g fat per slice)

SAVE!
388 calories
38 grams fat

From the freezer section:

NOT THAT!
Amy's Cheese & Pesto With Whole Wheat Crust (360 calories, 18 g fat per ½ pie)

EAT THIS!
Kashi Mushroom Trio & Spinach Thin Crust Pizza (250 calories, 9 g fat per ½ pie)

SAVE!
110 calories
9 grams fat



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For more smart swaps and delicious recipes, pick up *Eat This, Not That!* (2015 edition), available exclusively at eatthis.com.



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