

Chartwells Pizza – The Facts

Pizza comes in all shapes, sizes and with a various array of toppings. More often than not pizzas we come across when out of the home are high in fat, particularly saturated fat, salt and lack of nutrient dense ingredients. For this reason pizzas are labelled as a food we should eat in small amounts and as part of a healthy balanced diet.

In a secondary school environment the food Chartwells provides contributes greatly towards pupils' daily dietary intakes. Chartwells provide nutritious, balanced meals and supports the uptake of these meals by going 'Beyond the Kitchen' and educating pupils on a healthy, balanced diet, providing them with the knowledge to make healthy choices at the counter.

However we also acknowledge that not all pupils will make the correct choices on a daily basis, we therefore ensure that items that should be eaten in moderation are as healthy as they can be, one being pizza. The table below compares a slice of Chartwells Trattoria pizza to a Panini and a sandwich

	Margherita Pizza	Cheese and Tomato Panini	Cheese Tomato Sandwich
Kcals	223	225	250
Fat (g)	5	7	8
Saturated Fat (g)	3	4	5
Sugar (g)	2	2	3
Salt (g)	1	1	1

**All figures are generated per 100g from Saffron Nutrition*

Chartwells pizzas:

- All pizza bases are lower in sodium than previous equivalents
- Mozzarella cheese is used rather than cheddar as its lower in saturated fat and sodium
- The tomato sauce used on the pizza bases has been enriched containing more tomatoes and therefore vitamin and minerals.
- Chartwells encourage the use wholegrain pizza base when possible
- Pizzas are seasoned using herbs and spices instead of salt!

