

PIZZA ANALYSIS

Using the nutrition facts labels for the components of homemade pepperoni pizza and Papa John's pizza, complete the following chart recording the % **DAILY VALUE** for each of nutrients listed below, with the exception of protein (write in **grams**). Use the answers to create a bar graph (see other page) to calculate the total % daily value of each nutrient found in 2 slices of pizza. (each row worth 3 points)

Ingredient	Serving Size	Total Calories	Total Fat % DV	Total Carbs % DV	Sodium % DV	Fiber % DV	Vit A % DV	Vit C % DV	Iron % DV	Calcium % DV	Protein GRAMS
Pepperoni											
Cheese											
Sauce											
Crust											
Papa John's Pepperoni Pizza (Large 14", original crust)	2 slices (multiply all nutrition facts by 2)										

After completing the chart above and the bar graph, answer the following questions:

1. What is % daily value **difference** between homemade pizza and Papa John's Pizza for each of the following nutrients? (1/2 pt each)

_____ Fat	_____ Vitamin A
_____ Carbohydrates	_____ Vitamin C
_____ Sodium	_____ Iron
_____ Fiber	_____ Calcium

2. The amount of protein needed depends on body weight, but what is the difference in grams between homemade and Papa John's Pizza? (1 pt)

3. How should the answers influence your food choices/habits? (2 pt)

Pizza Crust

Nutrition Facts

Serving Size: 1/4 crust (46g)

Amount Per Serving

Calories 160 Calories from Fat 15

% Daily Value*

Total Fat 2 g **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 340 mg **14%**

Potassium 45 mg **1%**

Total Carbohydrate 33 g **11%**

Dietary Fiber 1 g **4%**

Sugars 2 g

Sugar Alcohols

Protein 4 g

Vitamin A

Vitamin C

Calcium 0 mg 0%

Iron 1.8 mg 10%

Pizza Sauce

Nutrition Facts

Serving Size: 1/4 cup (28g)

Amount Per Serving

Calories 90 Calories from Fat 70

% Daily Value*

Total Fat 7 g **11%**

Saturated Fat 4.5 g **22%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 200 mg **8%**

Potassium

Total Carbohydrate 1 g **0%**

Dietary Fiber 0 g **0%**

Sugars 0 g

Sugar Alcohols

Protein 6 g

Vitamin A 300 IU 6%

Vitamin C 0 mg 0%

Calcium 150 mg 15%

Iron 0 mg 0%

Mozzarella Cheese

Nutrition Facts

Serving Size: 1/4 cup (28g)

Amount Per Serving

Calories 80 Calories from Fat 50

% Daily Value*

Total Fat 6 g **9%**

Saturated Fat 3.5 g **18%**

Trans Fat 0 g

Cholesterol 20 mg **7%**

Sodium 230 mg **10%**

Potassium

Total Carbohydrate 1 g **0%**

Dietary Fiber 0 g **0%**

Sugars 0 g

Sugar Alcohols

Protein 7 g

Vitamin A 300 IU 6%

Vitamin C 0 mg 0%

Calcium 400 mg 40%

Iron 0 mg 0%

Pepperoni

Nutrition Facts

Serving Size: 4 slices (28g)

Amount Per Serving

Calories 80 Calories from Fat 45

% Daily Value*

Total Fat 5 g **8%**

Saturated Fat 1.5 g **8%**

Trans Fat

Cholesterol 20 mg **7%**

Sodium 600 mg **25%**

Potassium

Total Carbohydrate 1 g **0%**

Dietary Fiber

Sugars 0 g

Sugar Alcohols

Protein 8 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 0 mg 0%

Iron 0.72 mg 4%

Papa John's
Pepperoni Pizza
(1 lg. pizza slice)

Nutrition Facts

Serving Size 123 g

Amount Per Serving

Calories 338 Calories from Fat 131

% Daily Value*

Total Fat 15g 22%

Saturated Fat 6g 30%

Trans Fat

Cholesterol 32mg 11%

Sodium 825mg 34%

Total Carbohydrate 37g 12%

Dietary Fiber 1g 6%

Sugars 6g

Protein 15g

Vitamin A 7% • Vitamin C 0%

Calcium 19% • Iron 14%