Cheese is an excellent source of potassium, phosphorus, protein, vitamins A, D, B12, riboflavin and niacin. It provides 3 of the 4 nutrients missing in most kids diets. Try mozzarella, provolone, cheddar, smoked gouda and asiago.

Half of your grains each day should be whole grain. Try whole grain crust! It’s a great source of fiber, several B vitamins and minerals like iron.

Choose lean or low-fat meat and poultry. These foods give your body energy, strengthen your muscles and carry oxygen in your blood. Try diced chicken, ground beef, shredded pork or turkey pepperoni.

Start with pizza sauce, which is full of vitamin C and antioxidants. Adding a variety of fruit and vegetables will add potassium, fiber and vitamins A and C. Vary the color and combinations.
**Taco Pizza**

- 3/4 lb. ground beef, cooked
- 1 C salsa
- 8 oz. monterey jack cheese, grated

Once cooked, top with:
- 1/4 C fresh cilantro, chopped
- 1 avocado, sliced

**Spinach and Artichoke Pizza**

- 2 C marinated artichoke hearts, drained and quartered
- 2 C baby spinach
- 8 oz. mozzarella cheese, grated
- 4 oz. cream cheese, cut into pieces
- 1/2 C grated parmesan cheese

**Broccoli and Cheddar Pizza**

- 2 C frozen broccoli, thawed and chopped
- 2 garlic cloves, minced
- 8 oz. cheddar cheese, grated