



# Pizza - lower the salt

## My Recipes

The easiest way to lower the salt is to add less salt and salty foods to a recipe.

This is a recipe for a very salty pizza!

### Salty Pizza recipe

Serves 4

#### Ingredients

250g strong flour

2 tablespoons olive oil

1 level teaspoon salt

100 ml lukewarm water

2 teaspoons dried yeast

½ teaspoon sugar

#### Topping

200g canned, chopped tomatoes

100g grated cheese

6 slices salami

12 olives

2 slices ham

#### Method

1. Set the oven at 220°C, Gas 7.

2. Put the flour, oil, salt, yeast and sugar in a bowl and stir in the warm water. Mix to a dough and turn out onto a floured board.

3. Knead the dough until smooth and elastic.

4. Grease a large baking tray and pat the dough onto the tray until it covers the base. Leave to increase in size.

5. Spoon on the chopped tomatoes and cover with grated cheese, salami, olives and strips of ham.

6. Bake for 20 minutes until well risen and golden.

## Use The Nutrition Program

- Enter the ingredients for the pizza.
- Fill in the chart to show the amount of nutrients in 100g and a portion.

Pizza	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		

# Pizza - lower the salt



To do

Change the pizza recipe to lower the salt content.

Think about

- replacing the salty food with ingredients with less salt
- increasing the amount of vegetables.

Test out the recipe to see how it looks and tastes.

Compare the salt content of each recipe to show the difference.

Lowering the salt in the pizza

In the recipe section, choose

Make a Healthier version and change the ingredients to lower the salt.

Look at the foods that are high in salt

- Ham
- Salami
- Olives
- Salt



We should eat no more than 6g of salt a day

Remove these foods and replace them with foods with less salt but which are full of flavour - red peppers, courgette. Remove the salt from the pizza dough and reduce the amount of cheese.

My pizza recipe

Pizza - less salty		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		