

Cheese Pizza: Nutritional Values for a single slice of pizza - 140g

Nutrient	Nutritional value of 1 slice	Recommended daily intake	Max recommended daily intake
Macro nutrients			
Food Energy	375kcal	2070kcal	NR (no recommendation)
Proteins	15g	50g	180g
Carbohydrate	41g	230g	340g
Lipid	17g	50g	80g
» Saturated fat	6g	17g	27g
» Monounsaturated fat	5.9g	17g	27g
» Polyunsaturated fat	2.7g	17g	27g
» Cholesterol	20mg	20mg	300mg
Dietary fiber	3.1g	25g	NR
Vitamins			
Vitamin A	92µg	700µg	NR
Thiamine	0.3mg	1.1mg	NR
Riboflavin	0.36mg	1.1mg	NR
Niacin	7NE	14NE	NR
Pantothenic acid	0.31mg	5mg	NR
Vitamin B6	0.12mg	1.3mg	100mg
Folic acid	90µg	400µg	NR
Vitamin B12	1.1µg	2.4µg	NR
Vitamin C	1.7mg	75mg	2000mg
Vitamin D	0.083µg	5µg	NR
Vitamin E		NR	
Vitamin K		NR	
Dietary minerals			
Calcium	251mg	1000mg	2500mg
Copper	0.32mg	0.9mg	10mg
Iron	3.2mg	18mg	45mg
Magnesium	32mg	320mg	NR
Manganese	0.41mg	1.8mg	11mg
Phosphorus	251mg	700mg	4000mg
Potassium	213mg	4700mg	NR
Selenium	30µg	55µg	400µg
Sodium	626mg	1500mg	2300mg
Salt (sodium equivalence)	1691mg	4100mg	6200mg
Zinc	1.8mg	8mg	40mg
Essential amino acids			
Histidine	0.39g	0.6g	NR
Isoleucine	0.66g	1.2g	NR
Leucine	1.2g	2.3g	NR
Lysine	0.82g	1.8g	NR
Methionine	0.26g	0.9g	NR
Phenylalanine	0.74g	1.5g	NR
Threonine	0.53g	0.9g	NR
Valine	0.83g	1.7g	NR



Nutritional analysis of cheese pizza

Study the table of data about the nutritional value of cheese pizza. <http://food.food-nutrients-calculator.com/cheese-pizza.html>

1. Suggest why pizza thought to be an “unhealthy food”?
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2. Malnutrition may be caused by a **deficiency**, **imbalance** or **excess** of nutrients in the diet.
Imagine that you ate only 10 slices of pizza in a day. Identify any nutrients in this pizza-only diet
which you would have in quantities higher than recommended daily intake values?
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3. List any vitamins which are not found in cheese pizza, or which would be lacking in your diet?
All vitamins are essential – they cannot be made by the body
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4. List any essential amino acids, which would be missing in a pizza-only diet.
Lack of essential amino acids can affect the production of proteins.
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5. List any essential minerals which are not found in pizza, or found in low amounts.
Dietary minerals are essential chemical elements.
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6. Describe the roles of these missing nutrients in the body. (Research if necessary)
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7. Suggest what would be the long term health consequences of eating only pizza..
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