



**Spinach & ricotta pizza**

Nutrition Information	Per 100g		Guideline Daily Amounts			
	Per 100g	Per 1 pizza (24 slices)	% based on	Women	Men	Children 4-6 years
Energy	1001 kJ 239 kcal	1571 kJ 373 kcal	23.5%	2000 kcal	2500 kcal	1800 kcal
Protein	9.3g	18.6g	40.9%	45g	55g	24g
Carbohydrate	28.7g	57.4g	24.7%	230g	300g	220g
of which sugars	2.2g	4.4g	3.5%	90g	100g	85g
of which starch	25.5g	51g				
Fat	9.6g	19.2g	27.3%	70g	85g	70g
of which saturates	3.7g	7.4g	36.5%	20g	30g	20g
monounsaturates	4.0g	8.0g				
polyunsaturates	1.6g	3.2g				
Fibre	2.3g	4.6g	18.8%	24g	24g	15g
Salt	1.0g	2.0g	33.3%	6g	6g	4g
of which sodium	0.6g	1.2g	30.6%	2.4g	2.4g	1.6g

You may want to keep an eye on your salt intake as too much may increase your blood pressure.  
 It's important to watch your calorie intake, as without regular exercise too many may lead to weight gain.  
 A diet low in fat, particularly saturated fat, could help to maintain a healthy weight and a healthy heart.  
 To maintain a healthy lifestyle, we recommend aiming for at least 30 minutes of moderate exercise each day, such as brisk walking.