

# Pizza's contribution to nutrient intake for Americans 2 years and older

National Health and Nutrition Examination Survey (NHANES)  
March 2015



# Summary of key observations

- Pizza is a popular food in the American diet and the calories consumed is not unreasonably large
  - Contributes <5% of total calories to the diets of Americans 2+ when all individuals are examined
- Pizza contributes essential nutrients to the American diet, including nutrients of public health concern - particularly for children ages 2 – 18 years (pizza contributes 7% of daily calcium and 3% of daily potassium intake)
- Removing pizza from the diet, especially in children, could lead to a decrease in the intakes of some nutrients such as B-vitamins and calcium



# NHANES *What We Eat in America* (WWEIA) are nationally representative dietary intake data

- **Background on NHANES WWEIA**

- Data are released every two years as one dataset by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture
- Nationally representative of the U.S. population
- 24-hour dietary recall, collected using the interviewer-administered 5-step USDA Automated Multiple-Pass Method

- **Current analysis**

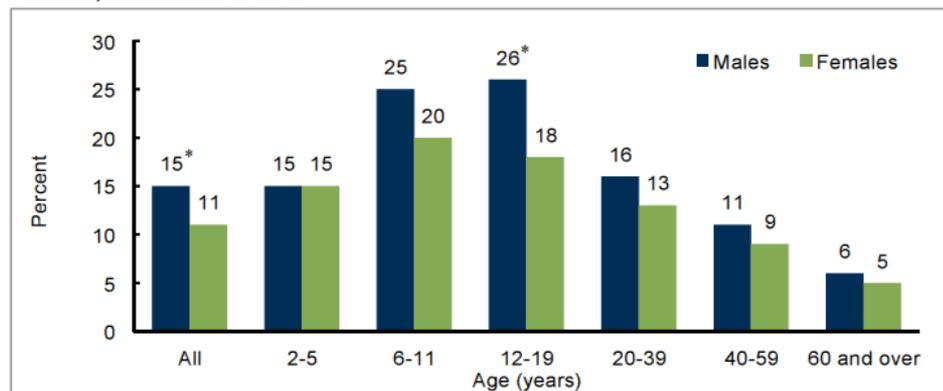
- NHANES 2007-2008 and 2009-2010
- 17,571 participants 2 years and older



# 15% of males and 11% of females reported eating pizza on the day of the survey

- Percentage of those who ate pizza on the day of the 24-hour recall:<sup>†</sup>
  - 22% of older children (6-11 y) and adolescents (12-19 y)
  - When all age groups (2+ y) are combined, a greater % of males consume pizza (15%) compared to females (11%)
  - A greater % of 12-19 y males consume pizza (26%) compared to females (18%)

Figure 1. Percentage of U.S. population who consumed pizza on any given day, WWEIA, NHANES 2007-2010



\*Significantly different from females ( $p < 0.01$ )

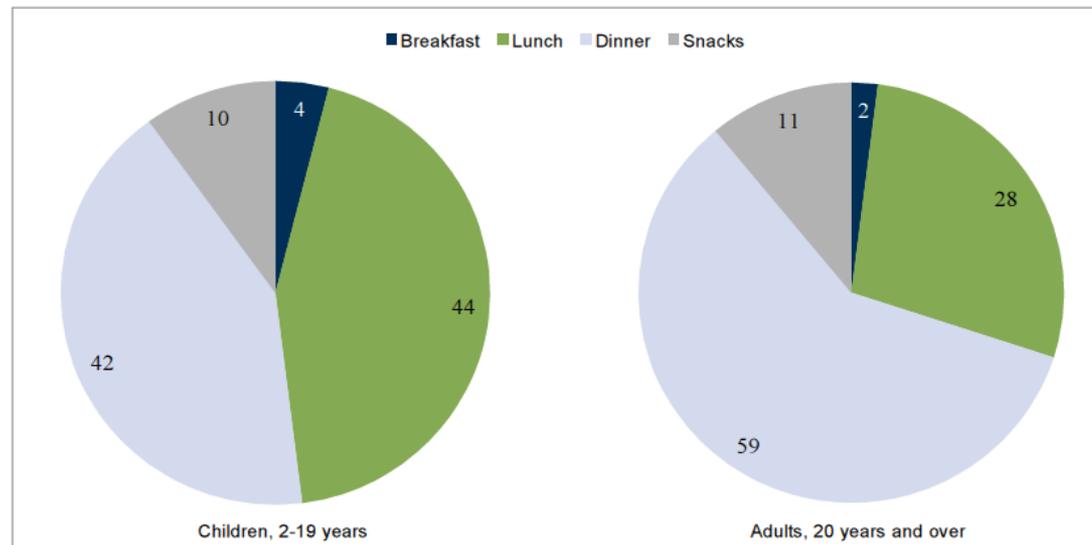
SOURCE: What We Eat in America, NHANES 2007-2010, day 1, individuals 2+ years



# Most pizza was consumed at home and during lunch and dinner

- When examining only those who reported eating pizza<sup>†</sup>:
  - 59% of pizza consumption occurred in the home
  - Children consumed almost equal pizza at both lunch and dinner, while adults consumed the majority of pizza at dinner

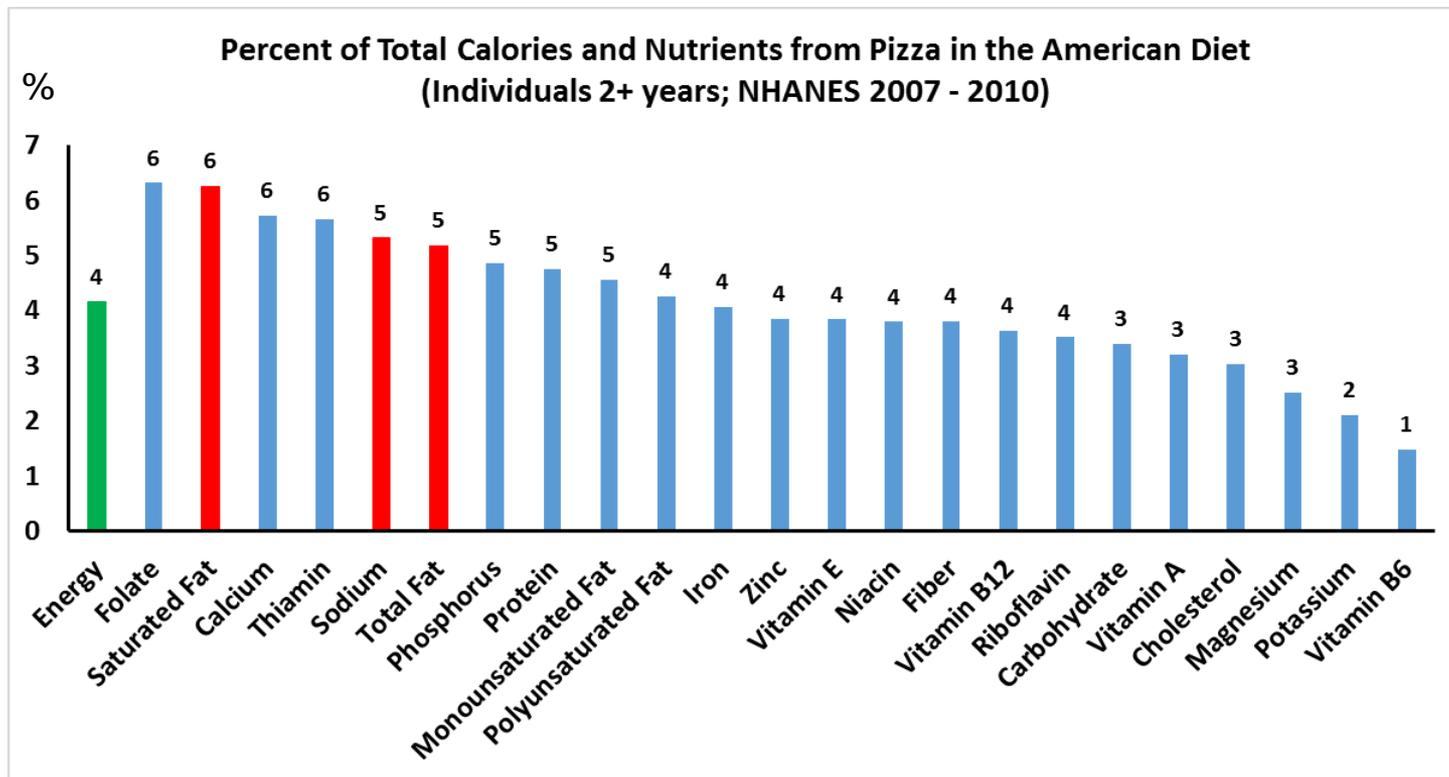
Figure 5. Percentage of pizza consumed by eating occasion for children and adults, WWEIA, NHANES 2007-2010



SOURCE: What We Eat in America, NHANES 2007-2010, day 1, individuals 2+ years



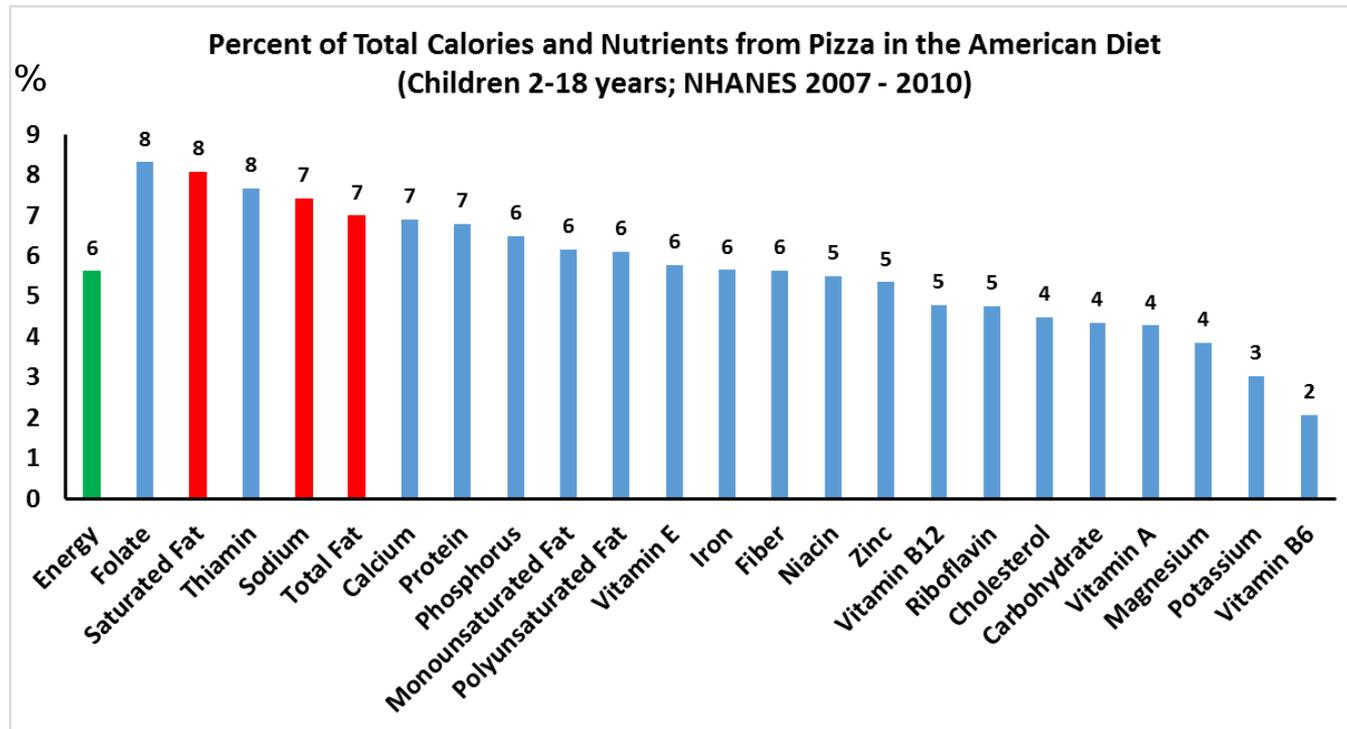
# Pizza contributes calories and many essential nutrients to the diet: All individuals 2+ years



- On average, pizza contributes the following to all individuals 2+ years:
  - 4% of total energy to the diet
  - 2% of potassium, 4% of fiber, and 6% of calcium (all nutrients of concern)
  - 6% of saturated fat and 5% of sodium



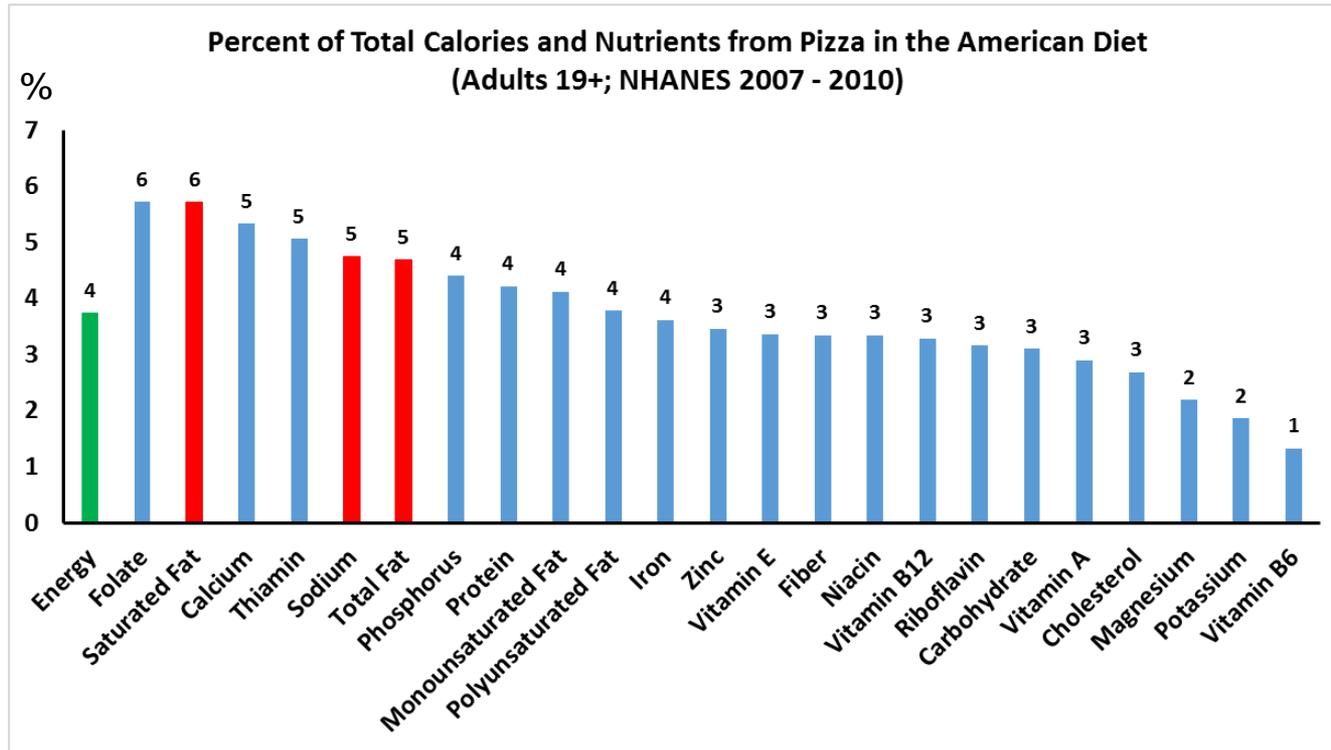
# Pizza contributes calories and many essential nutrients to the diet: All individuals 2 – 18 years



- On average, pizza contributes the following to all individuals 2 – 18 years:
  - 6% of total energy to the diet
  - 3% of potassium, 6% of fiber, and 7% of calcium (all nutrients of concern)
  - 8% of saturated fat and 7% of sodium



# Pizza contributes calories and many essential nutrients to the diet: All individuals 19+ years



- On average, pizza contributes the following to all individuals 19+ years:
  - 4% of total energy to the diet
  - 2% of potassium, 3% of fiber, and 5% of calcium (all nutrients of concern)
  - 6% of saturated fat and 5% of sodium



# People have choices

- People have nearly endless options to build a nutrient-rich pizza
  - Whole grain crust
  - Thinner crust
  - Lower fat and lower sodium cheeses
  - Adding more vegetables and fruit
  - Choosing lean meats

