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:†
  - 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%)

Most pizza was consumed at home and during lunch and dinner

- When examining only those who reported eating pizza†:
  - 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

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