



@THE STORE

VS

@SCHOOL

Calories - 150
Total Fat - 8gm
Sat Fat - 1gm
Sodium - 210mg
Carbs - 18gm
Fiber 1gm
Protein 2gm

Calories - 130
Total Fat - 5gm
Sat Fat - 1gm
Sodium - 200mg
Carbs - 20gm
Fiber - 2gm
Protein - 2gm

The pizza at school has more fiber with less calories, fat and sodium.

Why is it better to choose a product with more fiber?



A high-fiber diet appears to **reduce** the risk of developing various conditions, including **heart disease, diabetes, diverticular disease, constipation and colon cancer.**

Fiber is important for the health of the digestive system and for lowering cholesterol.