

# NATURAL HEALTH

## vital nutrition

### Frozen Pizza

Frozen pizza may seem like a college dorm room staple, but there are gourmet varieties that can satisfy even the most sophisticated palate. These four favorites fit the bill—we all agree they come out of the oven tasting fresh and flavorful. —Stacy Adimando

TRIED & TRUE



**Diamond Organics**  
The Buffalo Gal (\$15; [www.diamondorganics.com](http://www.diamondorganics.com))

An inspired take on the classic pepperoni pizza, this pie has all-organic ingredients, including grass-fed buffalo pepperoni (a heart-healthy alternative to pork-based pepperoni).

**Rustic Crust Basil Pesto & Roasted Red Pepper**  
(\$9; [www.rusticcrust.com](http://www.rusticcrust.com))

Nutty pesto, juicy red peppers, and artisanal cheeses make this handmade pizza irresistibly savory. Thanks to its short cooking time, it's also an easy weeknight choice.

**Amy's Mediterranean Pizza with Cornmeal Crust**  
(\$8; [www.amys.com](http://www.amys.com))

Pickled organic red onions and capers give this pizza's tomato sauce its kick; organic cornmeal adds texture to the crust; and a generous layer of veggies provides extra nutrition.

**American Flatbread Cheese and Herb** (\$10; [www.americanflatbread.com](http://www.americanflatbread.com))

This pizza cooks up light and doughy in just five minutes and is topped with fresh organic herbs, organic garlic, and a tangy blend of local mozzarella and Parmesan cheeses.

### Antioxidants for Better Eyesight

The antioxidants lutein and zeaxanthin can help stave off age-related macular degeneration, according to a study published in the August 2006 issue of *Archives of Ophthalmology*. The research looked at 1,787 women and found that a diet rich in these two antioxidants reduced the risk of developing this disease, which gradually destroys central vision and the ability to read, drive, and see shapes and colors clearly. "Lutein and zeaxanthin are strong antioxidants not naturally produced by our eyes that help protect against retina damage and aging of the lens by absorbing UV rays," explains Wendell P. Wong, M.D., chief of laser eye surgery and medical director of TLC Laser Eye Centers in Torrance, Calif.

Kale, spinach, and bok choy are good sources of lutein, says Steven G. Pratt, M.D., ophthalmologist and author of *SuperFoods HealthStyle* (William Morrow, 2005). For zeaxanthin, he recommends orange bell peppers, goji berries, yellow corn, kiwi, and Japanese persimmons. —E.B.



### FORGET SERVING SIZES

No matter how often you eat fruits and vegetables, it probably isn't often enough. According to research from the Produce for Better Health Foundation (PBH), a nonprofit consumer-education group, more than 90 percent of adults aren't getting their recommended 7 to 13 daily servings. Confusion over what constitutes a serving size isn't helping, so to simplify things, the PBH and the Centers for Disease Control and Prevention this month are replacing their 5-A-Day program with the new Fruits and Veggies—More Matters campaign. The idea is to get everyone eating more fruits and vegetables at every meal without worrying about making a certain quota. You'll start seeing the More Matters logo on food items at the supermarket, and the companion website, [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org), offers recipes and tips to help you boost your produce intake. Here are a few fresh ideas.

- Sprinkle extra veggies on pizza.
- Add shredded carrots to casseroles or chili.
- Top your breakfast cereal with fruit. —S.A.