120 BEST LITTLE WAYS TO PROTECT YOUR HEALTH IN 2009

HOW TO PAY LESS FOR EVERYTHING

**Frozen Pizza** It can be health food—seriously. We put a few gourmet vegetarian pies to the test and found some that were loaded with good-for-you toppings. Even better, going meatless can save you up to 8 grams of fat per serving. These are the frozen pies the LHJ test kitchen is raving about:

- **Amy's Whole Wheat Crust Cheese and Pesto Pizza**
- **365 Everyday Value Mediterranean Pizza**
- **American Flatbread Ionian Awakening Pizza**
- **Frontera Roasted Vegetable Monterey Jack and Poblano Pizza**