

organic style™

how healthy
is your city?

we rate **125**

PLUS: How to live
healthier in **your** town

simple meals

10 delicious harvest dishes



Taste Test: Frozen Pizza High in calcium and protein, frozen pizza is one of the smarter fast-food options for last-minute meals. Our panel of food experts (which included chefs, foodies, and our pickiest friends) tasted 17 organic, natural, and healthy varieties. These are our top five favorites. —MONICA FORRESTALL



1. AMERICAN FLATBREAD

Organic Tomato Sauce and Three Cheese Pizza
15 ounces, \$10

HOW IT TASTES Delicious—wonderfully chewy crust, well-seasoned sauce, and fresh toppings. By far the most expensive, but worth it.

WHAT'S IN EACH SLICE 60% organic ingredients, including a crust made of 100% organically grown wheat. 320 calories, 110 from fat. 660 mg sodium

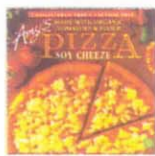


2. BOCA

Rising Crust Supreme Pizza
13 ounces, \$5

HOW IT TASTES Like a great neighborhood pie. The peppers taste fresh, not frozen. Surprisingly tasty soy protein "pepperoni" and "sausage" make this pie the lowest in calories of the bunch.

WHAT'S IN EACH SLICE Natural, not strictly organic, ingredients. 260 calories; 70 from fat. 740 mg sodium



3. AMY'S

Soy Cheese Pizza
13 ounces, \$5

HOW IT TASTES The perfect foundation pie if you like to add your own toppings. (Leftover chicken and broccoli, anyone?) Milk proteins make the soy cheese melt in a gooey, convincing way—the kids will never guess that it's not real mozzarella.

WHAT'S IN EACH SLICE 75% organic ingredients. 290 calories; 100 from fat. 590 mg sodium



4. STILLWELL'S

Stone Fired Uncured Apple Smoked Bacon Pizza
11.5 ounces, \$6

HOW IT TASTES This pizza's thin, delicate, crisp crust is topped with flavorful smoked, nitrate-free bacon, red onions, and imported Emmentaler cheese.

WHAT'S IN EACH SLICE 26% organic ingredients. 440 calories; 220 from fat. 430 mg of sodium



5. VICOLO

Corn Meal Crust Roasted Garlic Pizza
14 ounces, \$6

HOW IT TASTES Closer to quiche than pizza, this deep-dish pie has a pastry-like crust and is filled with big chunks of roasted garlic and creamy cheese. Highest in sodium, with more than a third of the Recommended Daily Allowance.

WHAT'S IN EACH SLICE All-natural ingredients, organic cornmeal. 450 calories; 200 from fat. 890 mg sodium