# 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

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. AMERICAN FLATBREAD</td>
<td>2. BOCA</td>
<td>3. AMY'S</td>
<td>4. STILLWELL'S</td>
<td>5. VICOLO</td>
</tr>
<tr>
<td>Organic Tomato Sauce and Three Cheese Pizza</td>
<td>Rising Crust Supreme Pizza</td>
<td>Soy Cheese Pizza</td>
<td>Stone Fired Uncured Apple Smoked Bacon Pizza</td>
<td>Corn Meal Crust Roasted Garlic Pizza</td>
</tr>
<tr>
<td>15 ounces, $10</td>
<td>13 ounces, $5</td>
<td>13 ounces, $5</td>
<td>11.5 ounces, $6</td>
<td>14 ounces, $6</td>
</tr>
</tbody>
</table>

**How it tastes:**

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

2. **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.**

3. **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.**

4. **This pizza’s thin, delicate, crisp crust is topped with flavorful smoked, nitrate-free bacon, red onions, and imported Emmentaler cheese.**

5. **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:**

1. 60% organic ingredients, including a crust made of 100% organically grown wheat. 320 calories, 110 from fat, 660 mg sodium.

2. 85% organic ingredients. 260 calories, 70 from fat, 740 mg sodium.

3. 75% organic ingredients. 290 calories, 100 from fat, 590 mg sodium.

4. 26% organic ingredients. 440 calories, 220 from fat, 430 mg sodium.

5. All-natural ingredients, organic cornmeal. 450 calories, 200 from fat, 890 mg sodium.