

Appendix 5.1

Nutrition Facts Tables

Crusts

White pita bread

Nutrition facts per pita (60 g)	
Content	
Calories	165
Fat	1.2 g
Carbohydrate	33 g
Fibre	1.2 g
Protein	5.43 g
Vitamin A	0 g
Vitamin C	0 g
Calcium	0.52 g

Whole wheat pita bread

Nutrition facts per pita (60 g)	
Content	
Calories	170
Fat	1.4 g
Carbohydrate	35 g
Fibre	4.8 g
Protein	6.33 g
Vitamin A	0 g
Vitamin C	0 g
Calcium	0.11 g

Wheat tortilla

Nutrition facts per pita (35 g)	
Content	
Calories	114
Fat	2.34 g
Carbohydrate	19.1 g
Fibre	1.1 g
Protein	3.22 g
Vitamin A	0 g
Vitamin C	0 g
Calcium	0.14 g

Sauces

Tomato sauce

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	39
Fat	0 g
Carbohydrate	9 g
Fibre	1.8 g
Protein	2 g
Vitamin A	1.27 g
Vitamin C	8 mg

Salsa

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	40
Fat	0 g
Carbohydrate	10 g
Fibre	3 g
Protein	0 g
Vitamin A	1.1 g
Vitamin C	0.3 mg

Bechamel sauce

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	132
Fat	14 g
Carbohydrate	12 g
Fibre	0.5 g
Protein	10.2 g
Vitamin A	1.47 g
Vitamin C	0.02 mg

Cheese

Cheddar

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	211
Fat	17.2 g
Carbohydrate	1.2 g
Fibre	0 g
Protein	13 g
Vitamin A	0.56 mg
Vitamin C	0 g

Feta

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	216
Fat	17 g
Carbohydrate	3 g
Fibre	0 g
Protein	12 g
Vitamin A	0.37 mg
Vitamin C	0 g

Mozzarella

Nutrition facts per ½ cup (125 mL)	
Content	
Calories	157
Fat	0.67 g
Carbohydrate	2 g
Fibre	0 g
Protein	15 g
Vitamin A	0.36 mg
Vitamin C	0 g

Toppings

Cauliflower

Nutrition facts per bunch	
Content	
Calories	3
Fat	0.23 g
Carbohydrate	1.33 g
Fibre	0.21 g
Protein	0.46 g
Vitamin A	0.11 mg
Vitamin C	0.04 g

Broccoli

Nutrition facts per bunch	
Content	
Calories	6.5
Fat	0 g
Carbohydrate	1.73 g
Fibre	0.73 g
Protein	1.1 g
Vitamin A	0.61 mg
Vitamin C	2.9 g

Olive

Nutrition facts per olive	
Content	
Calories	5
Fat	0.6 g
Carbohydrate	0.04 g
Fibre	0.15 g
Protein	0 g
Vitamin A	0.18 mg
Vitamin C	0 g

Mushroom

Nutrition facts per mushroom	
Content	
Calories	4.5
Fat	0.25 g
Carbohydrate	0.83 g
Fibre	0.23 g
Protein	0.33 g
Vitamin A	0 g
Vitamin C	0 g

Pepperoni

Nutrition facts per slice	
Content	
Calories	54.6
Fat	4.95 g
Carbohydrate	0.4 g
Fibre	0 g
Protein	2.4 g
Vitamin A	0 g
Vitamin C	0 g

Courgette

Nutrition facts per slice	
Content	
Calories	11
Fat	0 g
Carbohydrate	0.2 g
Fibre	0.12 g
Protein	0.1 g
Vitamin A	0.02 mg
Vitamin C	0.06 g