



	serving size (g)	calories	calories from fat	total fat (g)	% daily value **	saturated fat (g)	% daily value **	cholesterol (mg)	% daily value **	sodium (mg)	% daily value **	carbohydrates (g)	% daily value **	dietary fiber (g)	% daily value **	sugars (g)	protein (g)	% DAILY VALUE			
																		vitamin a	vitamin c	calcium	iron
<b>P'ZONE®</b>	<b>1/2 P'ZONE®</b>																				
Pepperoni	234	610	200	22	34	11	57	55	18	1280	53	69	23	3	11	8	34	15	2	40	45
Classic	257	610	190	21	32	11	55	50	17	1210	50	71	24	3	11	9	33	15	20	40	45
Meat Lover's®	268	680	250	28	42	14	68	65	22	1540	64	70	23	3	13	8	38	15	10	40	50
Marinara Dipping Sauce	85	45	0	0	0	0	0	0	0	380	16	9	3	2	7	6	2	10	8	0	2
<b>Appetizers</b>																					
Hot Wings (2 pieces)	57	110	60	6	9	2	10	70	23	450	19	1	0	0	0	0	11	10	0	0	2
Mild Wings (2 pieces)	53	110	60	7	11	2	10	70	23	320	13	<1	0	0	0	0	11	6	0	0	4
Wing Ranch Dipping Sauce (1.5 oz)	43	210	200	22	34	3.5	18	10	3	340	14	4	1	0	0	2	<1	0	0	0	0
Wing Blue Cheese Dipping Sauce (1.5 oz)	43	230	210	24	37	5	25	25	8	550	23	2	1	0	0	2	2	0	0	2	0
Breadsticks (each)	50	150	60	6	9	1	5	0	0	220	9	20	7	<1	4	4	4	0	0	0	20
Cheese Breadsticks (each)	67	200	90	10	15	3.5	18	15	5	340	14	21	7	<1	4	4	7	4	0	10	20
Breadstick Dipping Sauce (3 oz)	99	50	0	0	0	0	0	0	0	370	15	11	4	2	4	6	1	8	15	2	2
<b>Dressings</b>																					
Ranch Dressing (2 tbsp)	30	100	90	10	15	2	10	5	2	240	10	2	1	0	0	1	<1	0	0	0	0
Thousand Island Dressing (2 tbsp)	30	110	80	9	14	1.5	8	10	3	300	13	6	2	0	0	6	0	0	0	0	2
French Dressing (2 tbsp)	30	140	100	11	17	2	10	0	0	220	9	11	4	0	0	9	0	0	0	0	0
Italian Dressing (2 tbsp)	30	140	130	15	23	2.5	13	0	0	360	15	2	1	0	0	2	0	0	0	0	0
Caesar Dressing (2 tbsp)	30	150	140	16	25	3	15	5	2	280	12	1	0	0	0	<1	<1	0	0	0	2
Lite Ranch Dressing (2 tbsp)	30	70	70	7	11	1.5	8	10	3	200	8	0	0	0	0	<1	<1	0	0	0	0
Lite Italian Dressing (2 tbsp)	30	60	45	5	8	1	5	0	0	410	17	5	2	0	0	0	0	0	0	0	0
<b>Desserts</b>																					
Cinnamon Sticks (2 pieces)	57	170	45	5	8	1	5	0	0	170	7	27	9	<1	4	10	4	0	0	0	20
White Icing Dipping Cup (2 oz)	57	190	0	0	0	0	0	0	0	0	46	15	0	0	39	0	0	0	0	0	0
Apple Dessert Pizza (1 slice)	98	260	30	3.5	5	0.5	3	0	0	250	10	53	18	1	4	14	4	0	0	2	6
Cherry Dessert Pizza (1 slice)	102	240	30	3.5	5	0.5	3	0	0	250	10	47	16	1	4	24	4	2	10	2	6
<b>Soft Drinks</b>																					
Pepsi® (Small)	11 fl. oz.	140	0	0	0	0	0	0	0	35	2	37	12	0	0	37	0	0	0	0	0
Pepsi (Medium)	14 fl. oz.	180	0	0	0	0	0	0	0	45	2	47	16	0	0	47	0	0	0	0	0
Pepsi (Large)	22 fl. oz.	280	0	0	0	0	0	0	0	70	3	74	25	0	0	74	0	0	0	0	0
Diet Pepsi® (Small)	11 fl. oz.	0	0	0	0	0	0	0	0	35	2	0	0	0	0	0	0	0	0	0	0
Diet Pepsi (Medium)	14 fl. oz.	0	0	0	0	0	0	0	0	45	2	0	0	0	0	0	0	0	0	0	0
Diet Pepsi (Large)	22 fl. oz.	0	0	0	0	0	0	0	0	70	3	0	0	0	0	0	0	0	0	0	0
Mt. Dew® (Small)	11 fl. oz.	150	0	0	0	0	0	0	0	50	2	43	14	0	0	43	0	0	0	0	0
Mt. Dew (Medium)	14 fl. oz.	190	0	0	0	0	0	0	0	60	3	54	18	0	0	54	0	0	0	0	0
Mt. Dew (Large)	22 fl. oz.	300	0	0	0	0	0	0	0	95	4	85	28	0	0	85	0	0	0	0	0

CALORIES:		2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

g = gram mg = milligram  
 \*\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

RV 0903  
 Substitution of ingredients may alter nutritional values. Menu items and hours of availability may vary at participating locations. Although this data is based on standard portion product guidelines, variation can be expected due to seasonal influences, minor differences in product assembly per restaurant and other factors. Except for limited time offerings or test market items, menu products as of this printing are included in this brochure. Product data is based on current formulation as of date of publication. Substitutions of standard toppings /combinations for Fit n' Delicious pizzas will change the nutritional content. Nutritional data is based on standard portion product guidelines and formulations as of date of printing. If you have any questions about Pizza Hut and nutrition or are particularly sensitive to specific ingredients or foods, please contact Pizza Hut at 1-800-948-8488 or visit us on the web at www.pizzahut.com.

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Try one of our six great large pizza combinations, all under 4.5 grams of fat per serving\*, or create your own. Ask us how!

- 6 combinations under 4.5 grams of fat:
- Diced Chicken, Red Onion and Green Pepper
- Diced Chicken, Mushroom and Jalapeno
- Ham, Red Onion and Mushroom
- Ham, Pineapple, Diced Red Tomato
- Green Pepper, Red Onion, Diced Red Tomato
- Tomato, Mushroom and Jalapeno
- \*Thin 'N Crispy® Crust

**MOVE IT!**

You don't need to be an athlete to reap the rewards from exercise. Even upping your daily lifestyle activity, little by little, can help ease stress, boost energy levels and manage weight. So add more life to your lifestyle.

- Walk and talk instead of just talk
- Take the long walk to your destination, not the shortcut
- Park at the farthest spot in the lot, not the nearest
- Ride the elevator up; take the stairs down—or take the stairs both ways
- Walk the dog, don't just watch the dog walk

**Q&A Ask A Dietitian**

**Q: What's the best way to lose weight?**

**A:** For weight loss and healthy living, it's important that food and fitness go hand in hand. Overeating coupled with underexercising can knock your body out of balance. A balanced diet boosted by physical activity is the most effective approach for long-term weight management. And remember this: No single food causes weight gain. It's about the total calories. So make your calories count by eating foods rich in nutrition and kick the exercise up a few notches when you eat more than you need. Once you've reached your healthy weight, remember this simple equation: **Energy In = Energy Out.**

Form #925092



nutritional information

**KEEP IT BALANCED**



Pizza can be a part of a well-balanced meal. Ingredients in our pizzas include protein, complex carbohydrates, Vitamin A and calcium. And, depending on the toppings you choose, our pizzas have items from all of the five major food groups — meat, dairy products, fruits, vegetables and grains! So take a closer look within our menu for some suggestions when counting calories. For complete nutritional information, you can go to [www.pizzahut.com](http://www.pizzahut.com)

