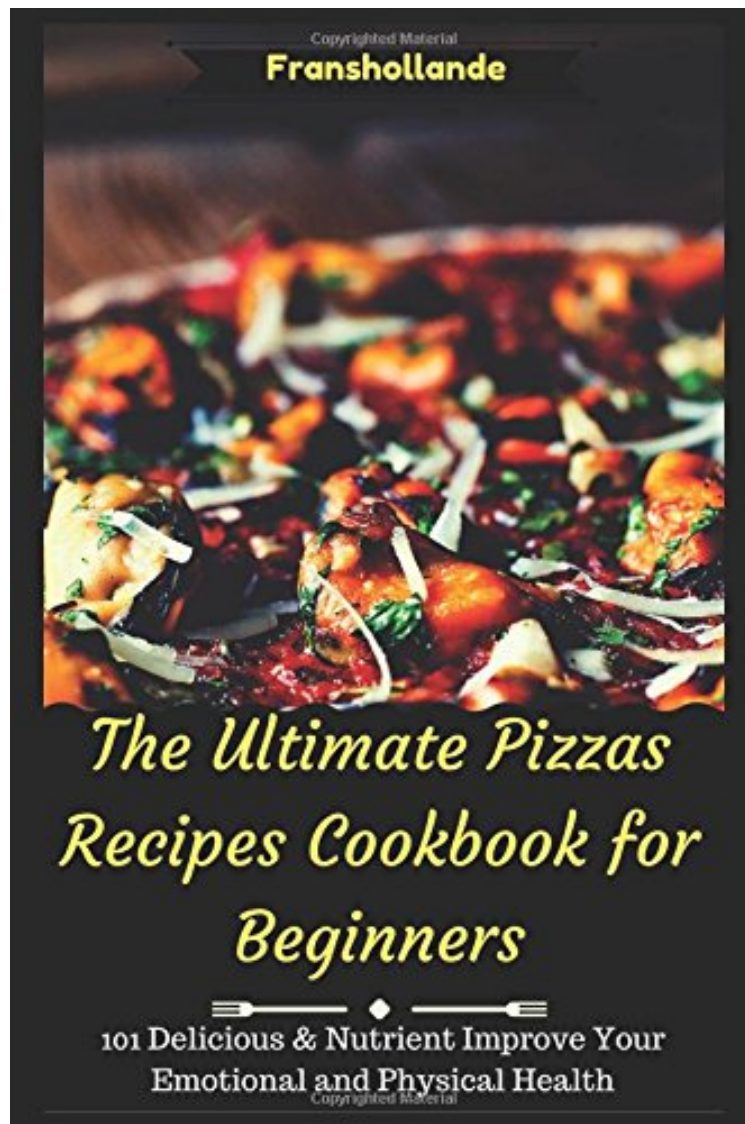


[Mobile pdf] The Ultimate Pizzas Recipes Cookbook for Beginners: 101 Delicious Nutrient Improve Your Emotional and Physical Health

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Increasing your vegetable intake is recommended when dieting or trying to make healthier choices. Pizza undoubtedly contains more nutrient packed vegetables than most take-out choices and can help contribute to your daily requirements. Tomatoes are the main ingredient in pizza sauce and contain lycopene. Lycopene is a powerful antioxidant and scientific research has found a link between lycopene and lower levels of certain cancers. Lycopene has also been found to be beneficial to the heart and blood vessels, skin, and bones. When tomatoes are cooked, as they are for pizza or pasta sauce, the lycopene levels are higher and easier for the body to absorb.