

SALT ASSAULT

Frozen Pizza Comparison

Frozen Cheese Pizza Ranked by Sodium Content

Name	Sodium (mg) per 100 grams
Freschetta Brick Oven Crust 5 Italian Cheese Pizza	639
Freschetta Naturally Rising Crust 4 Cheese Medley Pizza	608
Red Baron Thin & Crispy Five Cheese Pizza	604
Red Baron Brick Oven Cheese Trio Pizza	571
Freschetta Gluten Free Thin & Crispy 4 Cheese Medley Pizza	548
DiGiorno Quattro Formaggi/Four Cheese Pizza	538
Freschetta Artisan Crust Four Cheese Pizza	532
DiGiorno Original Rising Crust Cheese Pizza	504
Red Baron Classic Crust 4 Cheese Pizza	503
DiGiorno Cheese Stuffed Crust Five Cheese Pizza	490
DiGiorno Thin Crust Four Cheese Pizza	469
Tombstone Brick Oven Style Thin Crust Cheese Pizza	450
DiGiorno Ultra Thin Four Cheese Pizza	434
California Pizza Kitchen Crispy Thin Crust Four Cheese Pizza	417
Jack's Original Cheese Pizza	416
Tombstone Original 5 Cheese Pizza	407
Jack's Rising Crust Cheese Pizza	387
Tombstone Original Extra Cheese 9" Pizza	387
Totino's Cheese Party Pizza	381
Totino's Triple Cheese Party Pizza	381
DiGiorno Crispy Pan Four Cheese Pizza	377

Frozen Pepperoni Pizza Ranked by Sodium Content

Name	Sodium (mg) per 100 grams
Tombstone Roadhouse Piled High Pepperoni Loaded Pizza	746
Freschetta Brick Oven Crust Pepperoni & Italian Style Cheese Pizza	705
Red Baron Thin & Crispy Pepperoni Pizza	678
Freschetta Naturally Rising Crust Signature Pepperoni Pizza	667
DiGiorno Classic Thin Crust Pepperoni Pizza	656
Red Baron Brick Oven Pepperoni Pizza	638
DiGiorno pizzeria! THIN Primo Pepperoni Pizza	623
Freschetta Artisan Crust Pepperoni Pizza	612
Tombstone Brick Oven Style Thin Crust Pepperoni Pizza	603
Freschetta Gluten Free Thin & Crispy Signature Pepperoni Pizza	587
Red Baron Classic Crust Pepperoni Pizza	568
DiGiorno pizzeria! Primo Pepperoni Pizza	564
DiGiorno Original Rising Crust Pepperoni Pizza	562
Jack's Rising Crust Pepperoni Pizza	549
Tombstone Original Classic Pepperoni 9" Pizza	534
Tombstone Original Pepperoni Pizza	534
DiGiorno Cheese Stuffed Crust Pepperoni Pizza	527
Jack's Original Pepperoni Pizza	514
California Pizza Kitchen Crispy Thin Crust Signature Pepperoni Pizza	508
Totino's Triple Pepperoni Party Pizza	497
Totino's Pepperoni Party Pizza	476
DiGiorno Garlic Bread Pepperoni Pizza	455
Totino's Classic Pepperoni Party Pizza	439
Tombstone Garlic Bread Pepperoni Pizza	438
DiGiorno Crispy Pan Pepperoni Pizza	422



Source: Data retrieved from company websites and product packages between November 6, 2017, and November 9, 2017. Frozen cheese and pepperoni pizzas from the following leading frozen-pizza brands (based on sales in the U.S. between 2011 and 2017, as reported by Statista) were included in the analysis: DiGiorno, Red Baron, Totino's Party Pizza, Tombstone, Jack's, Freschetta, and California Pizza Kitchen.

All Salt Assault reports are available at <https://cspinet.org/topics/salt-assault>.

For more information, contact the Center for Science in the Public Interest at healthpromotion@cspinet.org.