



The Power Of Pizza



They say that two heads are better than one and when it comes to study groups this couldn't be truer. Just like any social gathering study groups require a host and if your turn's up you're probably wondering what to serve your friends.

Pizza. Enough said.

Now pizza may not seem like the smartest food choice but you'll be surprised! Try the [Roller Pizza](#) recipe from [Del Monte Kitchenomics](#). It's packed with heaps of nutritious ingredients.

First ingredient? Tuna! We all know that tuna is a healthier meat alternative, but did you know it could make you smarter? Tuna contains loads of Omega-3 fatty acids—a fancy word for healthy fish fats). Omega-3 fatty acids are key in nourishing the brain; in fact a lack of this nutrient can negatively affect learning!

For a dash of color, add spinach! Like many other green veggies, spinach is rich in antioxidants like vitamin C and carotenoids that help to nourish the brain. Antioxidants help protect the brain against free radicals—dangerous waste products produced by our bodies. Different food types contain antioxidants, but they are particularly abundant in fresh green veggies like spinach.

No pizza would be complete without tomato sauce! [Del Monte's Quick 'n Easy Pizza Sauce](#) is not just delicious; it is also rich in free-radical-fighting nutrients and lycopene, a cancer-fighting carotenoid.

So, the next time you and your buddies are preparing for a test, dish out Del Monte Kitchenomics' [Roller Pizzas](#)! **Simple, healthy, and it tastes really really good!**

**Sources:**

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