

Pepperoni Swaps

We use **turkey pepperoni** (such as Great Value Walmart brand) in our recipes as it's widely available, provides a solid middle ground of flavor, texture, nutrition and is affordable. Processed meats can be included in a healthy diet when consumed in normal amounts free from worry. However, you can choose another option. Here are a few swaps and how they differ:



***These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



GROUND TURKEY

1 oz = slightly lower calories and protein with very little fat, less processing and additional ingredients. Requires preparation



No Cook!

DELI MEAT

Similar protein but lower in calories and fat, less processing and additional ingredients, ready to eat with no prep; turkey or roast beef work well



CHICKEN SAUSAGE

½ of a sliced link = ~1oz/serving of pepperoni; *slightly* higher in fat and lower in protein



***These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



REGULAR

Higher in calories and saturated fat, lower in protein per ounce, may be more satisfying of a flavor to some



PLANT BASED

Can be nutritionally similar depending on brand, texture and flavor vary

Pepperoni Fact Sheet

Per 1 oz serving

Calories	Fat	Protein	Carbs	Fiber	Cost
70	4	9	1	0	0.58



- It offers a **moderate amount of protein**, which helps keep you satisfied, supports steady energy, and contributes to muscle repair and overall body maintenance.
- **Convenient**, no-cook addition that adds a lot of satisfying flavor
- It's a **processed, cure meat** meaning it has been salted, smoked, or seasoned to preserve it and develop its signature flavor. You can usually tell by looking for ingredients like salt, nitrites/nitrates, or smoke flavoring on the label. Some studies show that eating about 50g per day (~2 servings of turkey pepperoni) over many years is linked to roughly a **1% absolute increase in lifetime colorectal cancer risk**. Eating less than 2 servings daily carries a much smaller or **negligible risk**, especially when balanced with plenty of fruits, vegetables, and fiber.