

Crap My Baby Will Never Eat: Frozen Pizza Bites

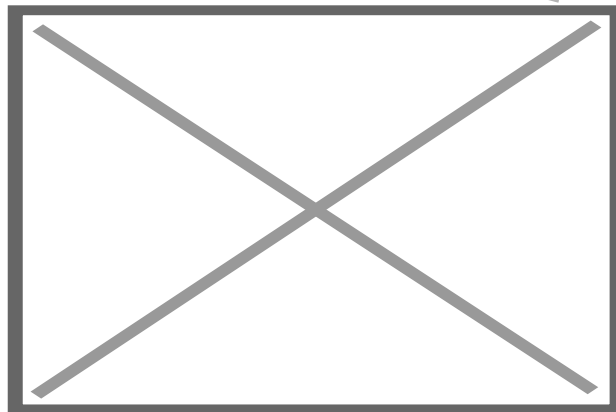
Description

Are we all so desperate that we have to rely on frozen processed food to feed our kids and ourselves? There are many products I can (and most likely will) speak on for being unhealthy snack options, but today I'm focusing on the ever popular frozen pizza rolls/bites. Mainly, [Bagel Bites](#) (H.J. Heinz) and [Totino's](#) (General Mills).

Have you seen the Totino's commercial with a mom on the phone with her hungry kids? I first saw it about a year and a half ago, but I'm sure there's still something similar playing now.

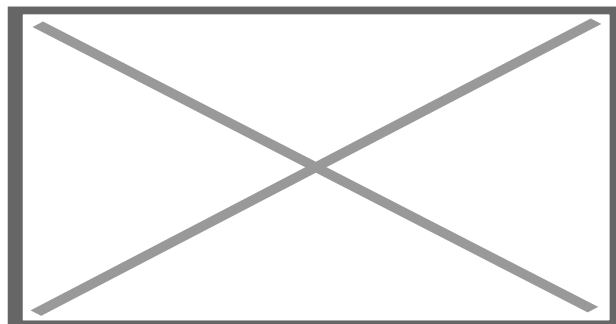
The kids are looking for something in the freezer and are saying there's nothing to eat, but of course Totino's is right in front of their face. Apparently her kids are too dumb to see the bright yellow packaging until she tells them the exact location. Then they are all happy and the kids go off to make their food-like substance pizza rolls.

Here is the nutrition info for their basic cheese party pizza:



and that's the one with the *least* ingredients!

The seemingly most popular pepperoni pizza rolls look even worse.



and you know being little bites that it's easy to go over the standard serving size.

Bagel Bites are the lesser of evils here, but still have no place being called real food. They even pit themselves against Totino's™ in an ad trying to make us (the consumer) feel like they are the better (and only) option. No thanks to either.

WHICH WOULD YOU GIVE YOUR KIDS?



TOTINO'S® PIZZA ROLLS®
MOZZARELLA CHEESE SUBSTITUTE:
CHEESE INGREDIENTS: water, partially hydrogenated soybean oil, rennet casein, modified corn starch, potato starch, sodium aluminum phosphate, vital wheat gluten, salt, potassium chloride, citric acid, potassium sorbate [preservative], sodium phosphate, sodium citrate, titanium dioxide [color], maltodextrin, magnesium oxide, zinc oxide, vitamin A palmitate, riboflavin, vitamin B12.

BAGEL BITES® SNACKS
REAL MOZZARELLA CHEESE:
CHEESE INGREDIENTS: milk, cheese cultures, salt, enzymes.

Bagel Bites
Made with
Real Cheese
8g Protein per serving
0g Trans Fat per serving

	Prep	Fat (g)	Trans Fat (g)
Bagel Bites®	Baked	7	0
Totino's® Pizza Rolls®	Pre-Fried	10	1.5

nutritional information for Totino's found on product packaging. Comparisons based on 1 serving of Bagel Bites cheese and pepperoni, and 1 serving of Totino's pepperoni Pizza Rolls. Bagel Bites and Pizza Rolls are trademarks of General Mills Marketing, Inc., which is not associated with H.J. Heinz Company. © H.J. Heinz Company, L.P. 2010. All rights reserved. visit mybagelbites.com

And really? Are they assuming we're stupid and only eating cheese? NO! Here are the rest of Bagel Bites™ ingredients:

• **Bleached Wheat Flour**, Water, Mozzarella Cheese (Milk, Cultures, **Salt**, Enzymes) Tomato Puree (Tomato Paste, Water) Pepperoni (Pork, Beef, **Salt**, Spices, Water, **Dextrose**, Seasonings [**Oleoresin of Paprika**, **Natural Spice Extractives**, **BHA**, **BHT**, **Citric Acid**]) Lactic Acid Starter Culture, **Sodium Nitrate**) 2% or Less of: **High Fructose Corn Syrup**, **Modified Cornstarch**, **Salt**, **Soybean Oil**, **Yeast**, **Whey Protein Concentrate**

(Milk)Nonfat Milk, **Flavor Enhancer (Potassium Chloride, Ammonium Chloride, Yeast Extract, Maltodextrin [Corn]Lactic Acid, Citric Acid, Calcium Lactate, Natural Flavor)**Methylcellulose, **Citric Acid**, Red Pepper, **Natural Flavor, Dough Conditioner (Ascorbic Acid)Enzymes.**•

Unfortunately, I am guilty of having these years ago and sure, they tasted good. But, I was also fat and out of shape. Now I make plenty of delicious snacks that taste great and offer wholesome nutrition I feel good about.

Right now weâ€™re just starting to get Avery into eating solids through [baby-led weaning](#), but soon sheâ€™ll be helping daddy cook in the kitchen and I canâ€™t wait to teach her the benefits of real food. I will show her the frozen non-food “food” when we shop and explain how and why they are not a good food option.

Some, okay, a lot of people might call me anal when it comes to food, but why shouldnâ€™t I be? You donâ€™t know what youâ€™re getting when someone is preparing food for you and Iâ€™m not okay with that. I am more at peace when I make everything myself and know exactly what goes into my meals.

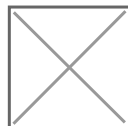
The few times I do go out, it is rare to actually get what I order via special request. I donâ€™t get why, because itâ€™s usually asking to do less than the original menu item. If I get a salad, I ask for no dressing, cheese, croutons, and oils on the side. Sometimes that salad arrives with a seemingly extra amount of each!

I could make a full post over this (maybe I will), but for now my message is that I will not succumb to feeding our beautiful girl any processed junk. I realize many parents face time constraints, but obtaining healthier options is not that difficult.

This is why Iâ€™m working to start Avery on healthy veggies now and trying to put off the sweeter foods like bananas and other fruits. I will definitely share the joys of sweet fruits, but itâ€™s veggies first. My mode of thinking is that she will grow up only knowing these nutritious foods and not craving something she can just throw in the microwave and mindless munch on while watching TV.

There will be more of these posts as Avery grows and I hope I am able to help parents strive to offer better, nutritious food for their little ones and themselves! I am already nervous about how I can keep her from having anything containing the [worst ingredients in processed food](#) when at a friendâ€™s home or at school, but luckily, I have some time.

Back to the pizza rolls/bites; you can quickly make your own that can be frozen or cooked as needed with simple ingredients. Here are a few easy and healthy recipes to try with whole grain tortillas:



[Tortilla Pizza](#)

[No-Bake Spinach Pizza Rolls](#)

[Another Easy Pizza Roll for the Road](#)

What do you think about these types of foods?

Any tips on how to keep your little ones eating healthy when you arenâ€™t with them?

Am I crazy?

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