

# PIZZA TOPPING PORTION GUIDE

PIZZA SIZE (INCHES)	6			8			10			12			14			16			18		
	L	M	H	L	M	H	L	M	H	L	M	H	L	M	H	L	M	H	L	M	H
Pizza Sauce (oz)	0.75	1.25	1.75	1.25	2	2.75	2	3	3.5	3	4	5	3.75	5.75	7.5	4.75	7	9	6	8.25	10.25
Cheese (oz)	1	1.25	1.75	1.5	2	2.75	2.5	3.25	4.5	4	6	7.5	5.75	7	9.25	7.25	10.5	14	7.5	12	15.5
Pepperoni (slices)	4	5	8	5	8	12	8	16	20	16	20	28	20	28	40	24	40	48	32	48	64
Pepperoni (oz)	0.25	0.33	0.5	0.33	0.5	0.75	0.5	1	1.25	1	1.25	1.75	1.25	1.75	2.5	1.5	2.5	3	2	3	4
Cooked Sausage (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Raw Sausage (oz)	1	1.25	2	1.5	2.5	3.25	2.5	4	5.25	4	6	7.5	2.25	8	10.5	7	10.5	14	8.5	13.25	17.5
Cooked Beef (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Raw Beef (oz)	1	1.5	2	1.75	2.75	3.5	2.75	4	5.5	4	6	7.75	5.5	8	10.5	7	10.5	14	8.75	13.5	17.75
Bacon Topping (oz)	0.25	0.5	1	0.5	1	1.5	1	1.5	2.25	1.5	2.5	3.5	1.75	3.5	4.25	2.25	4.25	6.25	3.25	6	7.5
Canadian-Style Bacon (oz)	0.25	0.33	0.5	0.33	0.5	0.75	0.5	1	1.25	1	1.25	1.75	1.25	1.75	2.5	1.5	2.5	3	2	3	4
Diced Ham (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Genoa Salami (oz)	0.25	0.33	0.5	0.33	0.5	0.75	0.5	1	1.25	1	1.25	1.75	1.25	1.75	2.5	1.5	2.5	3	2	3	4
Chicken Strips (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Meatballs (oz)	0.75	1	1.25	1.25	2	2.25	2	2.5	3.5	2.5	3.75	5	3.5	5	6.75	4.5	6.75	8.75	5.5	8.5	11
Taco Meat Crumbles (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Chorizo Crumbles (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Shredded Beef (oz)	0.75	1	1.5	1.25	2	2.5	2	3	4	3	4.5	5.75	4	6	8	5.25	7.75	10.5	6.5	10	13.25
Andouille (slices)	3	4	5	3	5	8	5	11	13	11	13	19	13	19	27	16	27	32	21	32	43
Anchovy (pc)	2	3	4	3	4	6	4	6	8	7	8	10	9	10	12	11	13	16	13	16	18
Peppers (oz)	0.5	1	1.5	1	1.5	2	1.5	2.25	3	1.75	2.75	4.25	2.5	4	5.25	3.25	5.75	7.5	4.75	8	11.5
Onions (oz)	0.5	1	1.5	1	1.5	2	1.5	2.25	3	1.75	2.75	4.25	2.5	4	5.25	3.25	5.75	7.5	4.75	8	11.5
Canned Mushrooms (oz)	0.75	1.25	1.75	1	1.75	2.25	1.25	2.25	3.5	1.5	3	4.5	2.25	4.5	7.25	4.25	6	8.5	4.75	7.25	11
Fresh Sliced Mushrooms (oz)	0.25	0.5	0.75	0.5	0.75	1	0.75	1.25	2	1	1.75	2.75	1.5	2.75	3.75	1.75	2.75	4.75	2.75	4.75	7.5
Diced Tomatoes (oz)	0.75	1.25	1.5	1	1.75	2	1.5	2.5	3.5	2.25	3.5	5.25	2.75	4.25	6	3	5.5	8.5	3.25	6.25	10
Sliced Olives (oz)	0.5	1	1.5	1	1.5	2	1.5	2.25	3	1.75	2.75	4.25	2.5	4	5.25	3.25	5.75	7.5	4.75	8	11.5
Pineapple (oz)	0.5	1	1.25	0.75	1.25	2.25	1.5	2.75	3.5	2	3.5	5.25	2.5	4	6	3	5.5	8.25	3.5	6.25	10.5
Banana Peppers (oz)	0.75	1	1.25	1	1.5	1.75	1.25	2.25	3	2	3	4.5	2.5	3.5	5	2.5	4.75	7	2.75	5.25	8.25
Artichoke Hearts (oz)	0.5	1	1.25	0.75	1.25	2.25	1.5	2.75	3.5	2	3.5	5.25	2.5	4	6	3	5.5	8.25	3.5	6.25	10.5
Corn (oz)	0.75	1	1.25	1	1.5	1.75	1.25	2.25	3	2	3	4.5	2.5	3.5	5	2.5	4.75	7	2.75	5.25	8.25
Black Beans (oz)	0.75	1	1.25	1	1.5	1.75	1.25	2.25	3	2	3	4.5	2.5	3.5	5	2.5	4.75	7	2.75	5.25	8.25
<b>Square Inches</b>	<b>28</b>			<b>50</b>			<b>79</b>			<b>113</b>			<b>154</b>			<b>201</b>			<b>254</b>		

**L=Light, M=Moderate, H=Heavy**

Numbers are generally rounded to the nearest ¼ oz. Guide from Choosing the Right Toppings for Your Pizza, Version 3.0, developed and published by PizzaMarketplace.com in collaboration with Burke Corporation. The publication is free and available by downloading it from the Pizza Toppings Research Center on [www.PizzaMarketplace.com](http://www.PizzaMarketplace.com).

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