

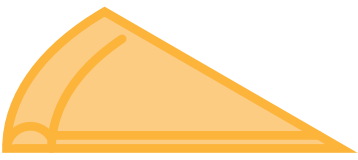
THE ORIGINS OF FOOD

The not so Italian Pizza

In the 16th century, tomatoes were brought back to Europe from Peru. Originally thought to be poisonous, they eventually became part of the cuisine in Naples, Italy. The working poor there needed an inexpensive meal, so they put tomatoes on their dough and created the first simple pizza.

Where did each ingredient originate?

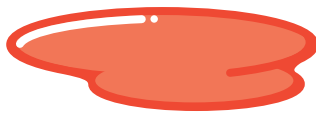
Each map shows the origins of common ingredients found in the dish.



WHEAT



The crust is made from wheat flour (shown), with sugar (shown), yeast, salt, and olive oil (shown).



TOMATO SAUCE



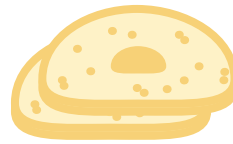
Tomatoes are combined with spices such as oregano, garlic, and paprika (all ingredients shown).



CHEESE (cow milk)



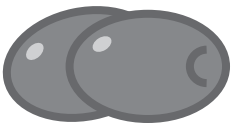
Cheese used on pizza is most often made from cow milk (taurine cattle shown).



GARLIC



GREEN PEPPER



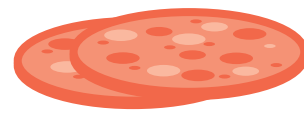
OLIVES



ONION



SPINACH



PEPPERONI



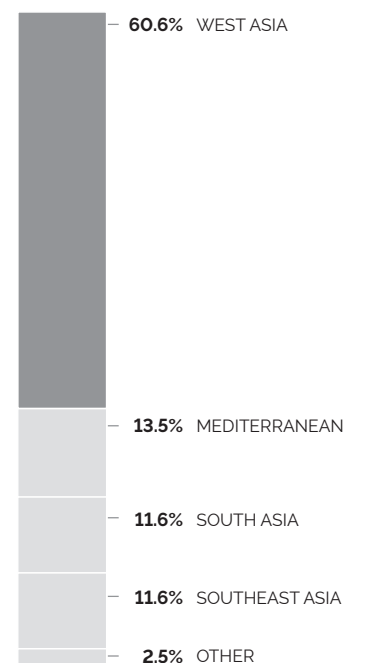
Pepperoni is commonly made with both beef (taurine beef cattle shown) and pork (shown), as well as spices (chile pepper shown).

Origins of pizza ingredients



Darker regions on the map indicate where more ingredients in pizza originate.

Contribution to calories



Sources: Origins of ingredients: Khoury et al. (2016) Proc Roy Soc B 283(1832): 20160792. Highlighted areas are world geographic regions where the plants and animals in food ingredients were domesticated. Calories: USDA Food Composition Databases (2018), www.nutritionix.com
Graphic: Álvaro Valiño, Kelsey Nowakowski and Colin Khoury