

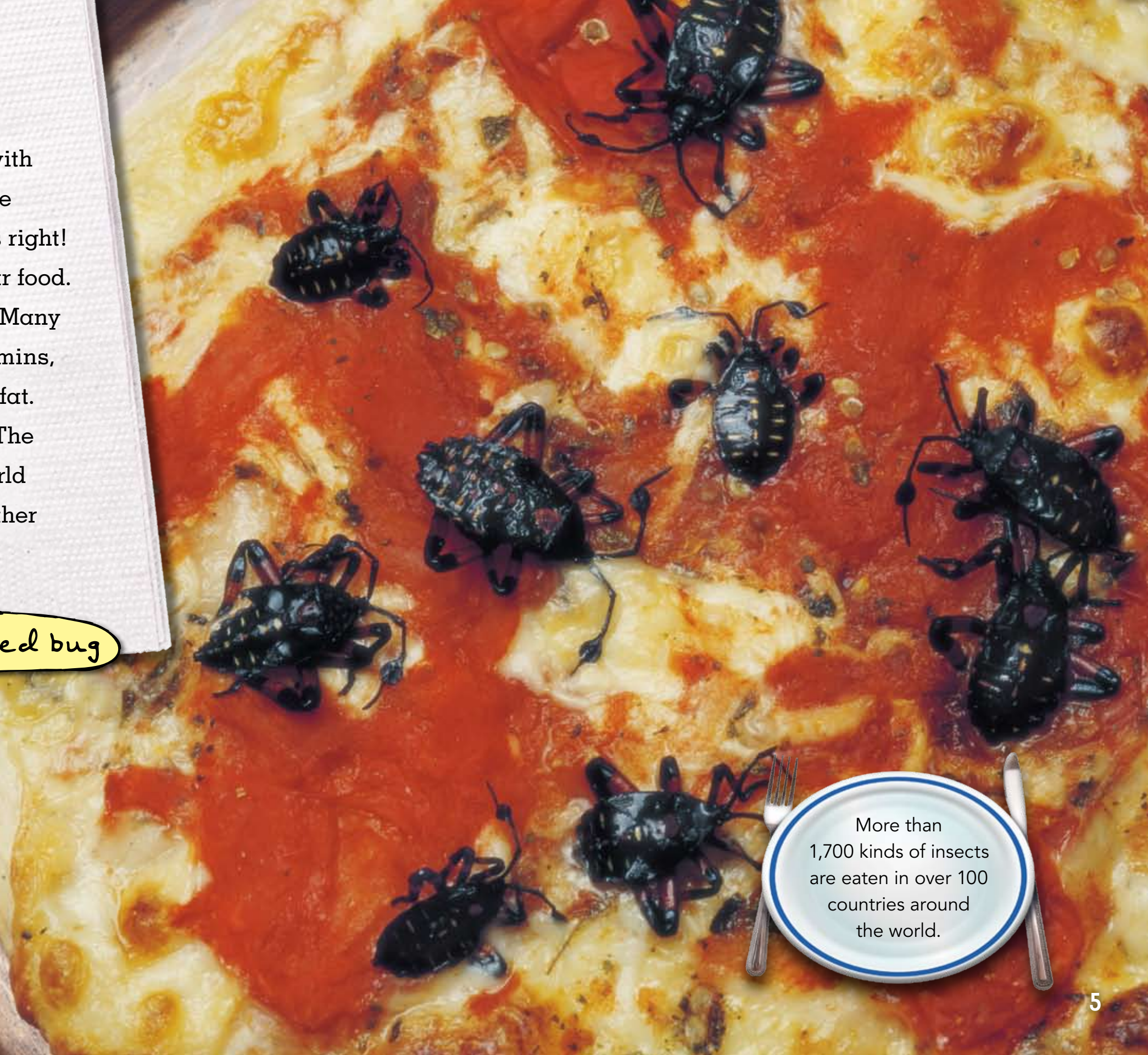
# Bug Pizza

People love to eat pizza. Many top it with mushrooms or pepperoni. In Mexico, some people put leaf-footed bugs on top. That's right! In lots of countries, **insects** are a popular food. They're crunchy, tasty—and healthy, too. Many insects are a good source of protein, vitamins, and minerals. They are also often low in fat.

Of course, not everyone eats insects. The idea makes some people sick. Yet the world is a big place. One eater's "yuck!" is another eater's "yum!"



leaf-footed bug



More than 1,700 kinds of insects are eaten in over 100 countries around the world.