



Consumer Decision Making Judging Study Guide

Central Region - 2020

- Carry-On Luggage
- Toothpaste
- Smoothies
- Fast Food

Senior High Contest: 9th - 12th grade on 1-1-2020

Four placing classes with one set of oral reasons

Group Think Activity

Top four placing senior high teams advance to state.

State winning team advances to nationals in Denver, CO

Junior High Contest: 6th - 8th grade on 1-1-2020

Four placing classes with written questions on two classes

Group Think Activity

Practice Worksheet for Placing Classes

Class

Situation: _____

Class Items	1.	2.	3.	4.
	Class:			
Criteria:	Class item			
	1.	2.	3.	4.
Placing: _____, _____, _____, _____				

Tips on Giving Reasons

You have ONLY 2 MINUTES to complete your reasons! Try to do it without notes!

Parts of the Reason	What To Say When Giving Reasons
Introduction:	Are the judges ready? (Wait for response) I placed this class of _____ (nutritious snacks) 4-2-3-1
Thoughts:	I thought this class was.... <ul style="list-style-type: none"> • Ex. An easy class with a definite top pair and a definite bottom pair. • Ex. Difficult class with an easy top pair and bottom pair and a difficult middle pair.
Situation: Explain the scenario. Name major points or items you would looking for in the situation. Example Scenario: Kelly needs to buy a nutritious snack for her little sister. She has \$10 to spend. Please help her find a snack that is low in sugar, has whole grains, and is overall nutritious. (Make sure you talk about the items needed in the scenario and make sure you talk about them in the placing reasons.)	In this scenario, Kelly needs to buy a nutritious snack for your sister. She has \$10 and she needs a snack low in sugar and whole grains.
Placings:	In my top pair...I placed 4 over 2 because (4 is always good nothing bad) In my middle pair...I placed 2 over 3 because (add a criticism and a grant) Example: I criticize that 2 does not have whole grains but grant that it is lower in sugar than 3. In my bottom pair....I placed 3 over 1 (add a criticism and a grant) I placed ____ (1) last because (The last is always bad nothing good)
Conclusion:	Therefore I placed this class of _____ (nutritious snacks) 4-2-3-1

Try to also use transitions such as:

- Next
- Finally

Do not use words like:

- Cheap
- Cheaper
- Cheapest
- Better overall
- Like, um, and

Use words like:

- Grant
- Criticize
- Less/More expensive
- Pairs

When placing Use Pairs:

Placing 1-2-3-4

- Top pair: 1-2
- Middle Pair: 2-3
- Bottom Pair: 3-4

When talking about pairs in reasons, you will talk really about only one product:

- Top pair: 1-2 (Talk about why 1 is the best)
- Middle Pair: 2-3 (Talk about why 2 is better than 3)
- Bottom Pair: 3-4 (Talk about why 3 is better than 4)
- Last: 4 (Talk about why 4 is last)

The product you placed 1st is always good!

The product you placed last is always bad!

Grants and Criticisms:

- Use grants and criticisms at least once in your reasons.
- Grants and criticisms should be used in your middle products only.
- Try to always criticize than grant. Negative followed by positive



Tennessee 4-H

Consumer Decision Making Judging Oral Reasons Score Sheet

County _____ Team Number _____

	Very Good	Some Improvement Needed	Much Improvement Needed
Knowledge 50% (25 points) <ul style="list-style-type: none"> • Evidence of using suggested criteria to place the class • Correct use of comparative terminology • Content is factual and accurate • Placing of class is logically explained • Completeness- major points emphasized • Ability to respond to questions • Use of grants 			
Presentation 50% (25 points) <ul style="list-style-type: none"> • Correct structure used comparing top, middle and bottom pairs • Opening and closing statements • Poise (stance, eye contact, voice shows confidence) • General appearance is neat and well-groomed • Length- between 1-2 minutes • Organization- easy to follow • Points may be deducted for use of notes 			
Total Score (Maximum of 50 points possible)			

Source: Minnesota 4-H Youth Development <http://www.fourh.umn.edu/>
 4-H Consumer Decision Making Contest Guidebook



Tennessee 4-H

Consumer Decision Making Judging Group Process Score Sheet

County _____ Team Number _____

Team Participation (40 points possible)		
Participation	All team members participate in group process class (1-10 points)	
Reading	All team members given time to become familiar with the situation (1-10 points)	
Discussing	Speaking and listening skills demonstrated by each team member (1-10 points)	
Summarizing	Reaching consensus based on discussion of options and criteria (1-10 points)	
Team Process (60 points possible)		
Alternatives	Variety of options generated (1-10 points)	
Criteria	Expectations necessary for a positive decision are listed (1-10 points)	
Solution	Conclusion reached are explained and reasonable for the situation (1-20 points)	
Presentation	Total team effort is shown: 1. Every member contributes to reach group consensus (1-10 points) 2. A clear statement of the group decision is presented (1-10 points)	
Maximum of 100 points possible *		Total

*Points will be doubled for State Contest.

Source: *Minnesota 4-H Youth Development* <http://www.fourh.umn.edu/>
4-H Consumer Decision Making Contest Guidebook

Carry-On Luggage

Carry-on Luggage and Personal Item Bags

Heading out on a trip? Looking to purchase luggage that meets all airline guidelines? There are lots of items to choose from. With high demands on luggage comes higher competition, which means innovation, creativity and lots of choices. To ensure that you get from point A to point B smoothly, choosing the best carry-on luggage will make travel less stressful. Be prepared by knowing the airline guidelines and be knowledgeable of available options.

Carry-on bags are convenient for air travel because it avoids the cost and hassle of checking a bag. The golden rule is that the bag must either fit under the seat or in the overhead bin. For domestic flights, your carry-on can be no larger than 22 inches high by 14 inches wide by 9 inches deep. (The maximum linear size is 45 inches, but none of the dimensions can exceed the measurements above.)

Measure the height of your luggage from the floor to the top of the handle in its lowered position — but even rule-abiding luggage is not a guarantee that your bags will not be relegated to the plane's underbelly, because the flight crew can impose further restrictions even after boarding has begun. Most airlines do not have a weight limit for carry-on luggage, and if they do most do not actually weigh carry-on bags. The exception is for small commuter planes.



Figure 1. Airline carry-on rules
Consumerreports.com



Figure 2 Sample Personal Item
<https://thewirecutter.com/guides/best-personal-item-carry-ons/>

Personal item bags must fit underneath the seat in front of you on the plane. This type of bag can include a backpack, laptop bag, tote bag, brief case or camera bag. But to get the most out your personal item, it is beneficial to buy a bag specifically for this purpose. For U.S. domestic flights, the measurement rules range from 18 X 8 X 14 inches to 17 X 9 X 10 inches, but there is no standard size for these bags. The size also varies based on the location of the seat on the same aircraft. A growing number of airlines offer a lowest-class base-price that only includes one personal item. A few items that are important when looking to purchase a personal item bag for air travel includes durability, organization and multiple carrying options.

When purchasing a new carry-on or personal item, it would be beneficial to look at one of the sites that includes the sizes and limits for multiple airlines. One such site is:
<https://www.smartertravel.com/personal-item-vs-carry-on/>.

Comparing Transportation Security Administration (TSA) vs. the Airlines

The airline will determine how large or heavy bags may be to be able to board a flight. TSA does not enforce any rules regarding luggage size and weight; therefore, just because it makes it through security does not mean it will make it on the plane. The job of TSA is to screen the contents of the luggage, not to approve or reject the luggage itself. All checked bags are subject to screening and TSA agent may be required to cut off any non-TSA-approved locks. TSA has collaborated with many companies to make travel locks that can be opened by a TSA master key. At TSA security check points, passengers are required to remove any electronic device larger than a cellphone from their carry-on. TSA encourages travelers to pack their electronics in

security-checkpoint-friendly bags or cases. These bags have dedicated compartments that hold laptops or tablets, which zip open to lay flat on the X-ray conveyor belt. These compartments do not have metal zippers or pockets that block the scanner's view of the items within.

The Anatomy of a Bag

Every bag comes with its own pros and cons. Take time prior to purchasing a bag to determine what your needs are and find the best travel bag that meets those needs.

Soft-Sided or Hard-Sided

Soft-Sided luggage is usually made of a woven nylon fabric, such as Cordura or ballistic nylon, which are designed for maximum durability and abrasion resistant. If you select a suitcase made from ripstop nylon, or "parachute" material, make sure that it is a high-denier fabric, which means that it is heavier.

Pros: Lightweight and can conform into tight spaces

Cons: Not as protective as hard-sided suitcases and is vulnerable to ripping

Hard-Sided Luggage

Hard-sided luggage is made from high-tech plastics, such as ABS (acrylonitrile-butadiene-styrene) and polycarbonate, which are lightweight and durable. ABS is the lighter of the two, but polycarbonate is more durable. Hard-sided luggage is usually designed like a clamshell, which features a 50/50 split, allowing you to pack an equal amount on each side.

Pros: Protects breakable contents and can be stacked

Cons: Scratch and scuff easily; No outside pockets

Pro/Con: Limited amount of space; Helps avoid overpacking

Wheels or No Wheels?

No Wheels

There are a few occasions where "no wheels" luggage proves to be the best choice.

Pros: Ensures maximum interior space and traveling to locations where wheels are difficult to manage due to uneven surfaces

Cons: Can be heavy and burdensome to carry

Two-wheel luggage

These are called "rollers" since they utilize the same type of wheels that are found on in-line skates, which only roll forward and backward, not side-to-side. This requires the suitcase to be rolled behind you as you pull it.

Pros: Wheels are recessed, which protects them — two-wheelers are better for clearing curbs.

Cons: Can be hard to drag a two-wheel bag in a crowded space. Recessed wheels take up interior storage space.

Four-Wheel Luggage

These have wheels that swivel 360 degrees and are known as “spinners.” They can either be pushed or pulled.

Pros: Easy to navigate in tight spaces. Large or heavy suitcases are easier to manage on four wheels and are ergonomically better for shoulders when maneuvering them.

Cons: External mounted wheels are more likely to break off. According to experts, the wheels attached with screws are more secure than those with rivets. Carry-ons with spinners may have less room inside since the maximum allowable dimensions includes the wheels.

Zipper

There are two types of zippers: chain and coil. The chain zipper, which slides on two sets of interlocking teeth, can be made of metal or plastic. A chain zipper is much stronger than a coil zipper, which has slides on two parallel coils that is usually made of polyester. A “YKKK” zipper is widely believed in the industry to be the most reliable zipper on the market.

Handles

For maximum comfort, look for an adjustable-length and soft-grip handle. Many travelers use the two-post handle system because of its ability to piggyback a smaller bag.

Compartments

The number, size, and configuration of compartments can be an important consideration.

Weight

Consider the weight of your empty suitcase. For airline travel, most of the weight you lug around should be your belongings and not the bag.

Smart Features

Luggage now includes built-in electronics to help you stay connected. Some of the new “connected” suitcases help you know where it is, how much it weighs, and control who can access it by virtue of such functions as location tracking, built-in digital scales, digital locks and fingerprint recognition. (Federal airline safety rules prohibit lithium-ion batteries in checked bags, so you need to look for a bag that has the option to remove them or “pop-out” batteries. Pack the battery in your carry-on with the terminal contacts covered to prevent short circuits.)

Locks

For domestic travel within the United States, luggage locks have to be TSA-compliant, which means that security agents can use a universal master key to open your lock without breaking it. If you are buying an aftermarket lock, check the packaging to see if it is TSA-compliant.

Shopping Tips

Measure it Yourself

Measure the dimensions yourself and make sure that they account for all parts of the bag, including wheels, outer pouches and handles. Do not trust the labels or tags that proclaim, “official carry-on size luggage.”

Check the Interior Capacity

Many manufacturers do not disclose the interior volume. Look for features that maximize the interior space if that is what you need.

- Squared edges vs. curved corners
- Integrated outer compartments
- No wheels or handles (this opens every inch of interior space)

Warranty

If you want to keep your bag for a long time, get one with a manufacturer’s warranty. A lifetime warranty to repair or replace the bag is, of course, the best option.

References:

Best Under Seat Personal Items to Pair With your Carry-On Bag. (n.d.). Retrieved from:

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Airlines. Retrieved from: <https://www.smartertravel.com/personal-item-vs-carry-on/>.

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Fast Food

FAST FOOD MEALS

Fast foods are quick and easy substitutes for home cooking, and a reality with the busy schedules many families maintain. However, fast foods are almost always high in calories, fat, sugar, and salt.

Fast food used to mean fried food. However, today there are many more healthy alternatives available at fast food restaurants. Some restaurants still use hydrogenated vegetable oils for frying. These oils contain trans fats, which increase your risk for heart disease. Some cities have banned or are trying to ban the use of these fats. Now, many restaurants are preparing foods using other types of fat.

Even with these changes, it is hard to eat healthy when you eat out often. Many foods are still cooked with a lot of fat, and many fast-food restaurants do not offer any lower-fat foods. Large portions also make it easy to overeat, and few restaurants offer many fresh fruits and vegetables.

Before heading out, it is important to know your personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. Most adolescents need 1800 (girls) to 2200 (boys) calories; however, knowing how many calories one needs is based upon age, sex, height, weight, and activity level. When choosing what to eat and drink, it's important to get the right mix – enough nutrients, but not too many calories.

In general, eat at places that offer salads, soups, and vegetables. Select a fast-food restaurant that you know offers a variety of food selections that fit in your healthy eating plan. Along with that, the following tips can help you make healthier selections when dining at fast-food restaurants.

Check and compare nutrition information. Knowing the amount of calories, fat, and salt in fast foods can help you eat healthier. Many restaurants now offer information about their food. This information is much like the nutrition labels on the food that you buy. If it is not posted in the restaurant, ask an employee for a copy.

Have it your way. Remember you don't have to settle for what comes with your sandwich or meal – not even at fast-food restaurants. Ask for healthier options and substitutions. Adding bacon, cheese, or mayonnaise will increase the fat and calories. Ask for vegetables instead, such as lettuce or spinach, and tomatoes. With pizza, get less cheese. Also pick low-fat toppings, such as vegetables. You can also dab the pizza with a paper napkin to get rid of a lot of the fat from the cheese.

Keep portion sizes small. If the fast-food restaurant offers several sandwich sizes, pick the smallest. Bypass hamburgers with two or three beef patties, which can pack close to 800 calories and 40 grams of fat. Choose instead a regular- or children's-sized hamburger, which has about 250-300 calories. Ask for extra lettuce, tomatoes, and onions, and omit the cheese and sauce. If a smaller portion is not available, split an item to reduce calories and fat. You can always take some of your food home, and it is okay if you leave extra food on your plate.

Skip the large serving of french fries or onion rings and ask for a small serving instead. This switch alone saves 200 to 300 calories. Or, ask if you can substitute a salad or fruit for the fries.

Strive to make half your plate fruits and vegetables. Take advantage of the healthy side dishes offered at many fast-food restaurants. For example, instead of french fries choose a side salad with low-fat dressing or a baked potato, or add a fruit bowl or a fruit and yogurt option to your meal. Other healthy choices include apple or orange slices, corn on the cob, steamed rice, or baked potato chips.

When choosing an entrée salad, go with grilled chicken, shrimp, or vegetables with fat-free or low-fat dressing on the side, rather than regular salad dressing, which can have 100 to 200 calories per packet. Vinegar or lemon juice are also healthier substitutes for salad dressing. Watch out for high-calorie salads, such as those with deep fried shells or those topped with breaded chicken or other fried toppings. Also skip extras, such as cheese, bacon bits and croutons, which

quickly increase your calorie count. If you forgo the dressing, you can find salads for around 300 calories at most fast food chains.

Opt for grilled items. Fried and breaded foods, such as crispy chicken sandwiches and breaded fish fillets, are high in fat and calories. Select grilled or roasted lean meats – such as turkey or chicken meat, lean ham, or lean roast beef. Look for meat, chicken, and fish that are roasted, grilled, baked, or broiled. Avoid meats that are breaded or fried. If the dish you order comes with a heavy sauce, ask for it on the side and use just a small amount.

Go for whole grains. Select whole-grain breads or bagels. Croissants and biscuits have a lot of fat. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

Slow down on sodium. Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 tsp of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

When eating at a fast food restaurant, pay attention to condiments. Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

Watch what you drink. What you drink is as important as what you eat. Teenagers often drink more carbonated and caffeinated beverages and eat more fast foods. This, along with peer pressure related to eating and exercise, make teenagers particularly vulnerable to becoming sedentary, overweight, and obese. An obese teenager has a greater than 70% risk of becoming an obese adult.

Many beverages are high in calories, contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. For example, a large regular soda (32 ounces) has about 300 calories. Instead, order diet soda, water, unsweetened iced tea, sparkling water or mineral water. Also, skip the shakes and other ice cream drinks. Large shakes can contain more than 800 calories and all of your saturated fat allotment for the day.

Drink water. This is a better choice over sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. Water is usually easy on the wallet. You can save money by drinking water from the tap when eating out. When water just won't do, enjoy the beverage of your choice, but just cut back, avoiding the supersized option.

Don't forget dairy. Many fast food restaurants offer milk as an option for kids' meals, but you can request it! Dairy products provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 ½ cups, and children 2 to 3 years old need 2 cups.

The American Heart Association recommends some examples of healthier alternatives to common fast food picks.

Instead of...	Try...
Danish	Small bagel
Jumbo cheeseburger	Grilled chicken, sliced meats or even a regular 2 oz. hamburger on a bun with lettuce, tomato and onion
Fried chicken or tacos	Grilled chicken or salad bar (but watch out for the high-calorie dressing and ingredients)
French fries	Baked potato with vegetables or low-fat or fat-free sour cream topping

Potato chips	Pretzels, baked potato chips
Milkshake	Juice or low-fat or fat-free milk or a diet soft drink (Limit beverages that are high in calories but low in nutrients, such as soft drinks.)

References

American Heart Association www.heart.org/HEARTORG/GettingHealthy?nutritionCenter/DiningOut/Tips-for-Eating-Fast-Food_UCM_308412_Article.jsp

Choose My Plate Nutrition Education Series <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

- Choose My Plate
- Make Half Your Grains Whole
- Salt and Sodium
- Make Better Beverage choices
- Enjoy Your Food, But Eat Less

Choose My Plate – Calories: How Many Can I Have?

<http://choosemyplate.gov/weight-management-calories/calories/empty-calories-amount.html>

Mayo Clinic

www.mayoclinic.com/health/fast-food/MY01268

National Institutes of Health – Medline Plus

www.nlm.nih.gov/medlineplu/ency/patientinstructions/000105.htm

US Department of Health & Human Services - Office on Women’s Health

www.girlshealth.gov/nutrition/fsatfood/fastfood_tips.cfm –

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Smoothies

SMOOTHIES

Smoothies have become a popular choice for snacks and meals. While once something that you could only get from your home blender and a few basic ingredients, now smoothies can be purchased in ready-to-drink form at grocery and convenience stores, purchased frozen ingredients in pouches that you must add milk, water, or juice to, or from a fast food restaurant or coffee shop counter or drive through window. There are even entire stores devoted to selling smoothies where customers can choose everything from fruits, to caffeine, to added protein powders and vitamins and minerals.

The good news is that smoothies can be very nutritious and provide a convenient way to get a few of daily MyPlate food group needs met, as well as vitamins and minerals. However, some restaurants and food manufacturers add lots of extra sugar, fat, or other unnecessary ingredients with few vitamins, minerals, protein, or fiber. Smoothies can be economical or can be very costly. With all the options, it can be hard to know which smoothie is the best choice for you and your situation. The following information will help you choose a healthy and affordable smoothie to meet your specific needs.

Cost

The cost of smoothies varies a lot. The packaging, brand name, ingredients, and whether you're buying them at a store ready-to-drink, to make at home, or at a restaurant, coffee shop or fast food location all contribute to the cost. When you're on the go and buying your smoothie ready-to-drink from a store or restaurant, you probably plan to drink the whole smoothie at one time. In this situation, you should compare cost per unit (i.e. large smoothie at a fast food restaurant, one bottle purchased at a store). Some smoothies may cost a little more than others, but spending a little more money to make a healthier choice is generally a better investment in your health.

When buying smoothies to have at home, you might buy a larger, "family size" bottle containing many servings. In this case, you can compare price per serving. To determine the price per serving, check the Nutrition Facts label to see how many servings are in the container (Servings per container). Divide the price by the number of servings to determine the price per serving. For example, a large family sized smoothie costs \$4 and has 8 servings would cost \$0.50 per serving ($\$4/8$ servings = \$0.50 per serving). If you are mixing ingredients yourself, then you have an extra step of adding the price per serving of each ingredient together to get the total cost per serving.

Nutritional Value

Whether you are choosing your smoothie for a snack or to have as a meal will influence the nutritional value you should expect from your smoothie. Remember, meals are where we get most of our energy (calories) and nutrition (MyPlate food groups, carbohydrates, protein, fats, vitamins, minerals). Snacks should provide fewer calories, carbohydrates, protein, and fat, and may contain only one MyPlate food group. Let's review each of these topics.

MyPlate Food Groups: Smoothies typically are made primarily from fruit and/or dairy (usually yogurt or milk). Some smoothies have vegetables or additional protein.

- Smoothies that are a meal should provide foods from at least two food groups (dairy and fruit).
- Smoothies that are a snack can provide only one food group (dairy or fruit).

Remember, dairy foods provide calcium, protein, Vitamin A, Vitamin D, potassium, and much more. Vegetables and fruits are good sources of Vitamins A & C and minerals, such as potassium. Look for smoothies that have more of these healthy nutrients.



Calories: Carbohydrates, Fat, and Protein

When a smoothie will be a meal, you will need a few more calories, carbohydrates, protein, and fat than when a smoothie might be a snack. Reading the Nutrition Facts label on products lets you know how many total calories are in each serving and where the calories come from. Carbohydrates and protein provide four calories per gram, while fat provides nine calories per gram.

Calories: Consider the calories per amount you or someone plans to drink. This might be per unit (like when you buy a medium sized smoothie from a fast food restaurant, or one eight ounce serving out of a 48 ounce family sized bottle).

- Smoothies that are a meal can provide more than 300 calories. But remember, you want to maximize vitamins and minerals, for the amount of calories, fat, and sugar.
- When having a smoothie as a snack, the amount you plan to drink should provide about 300 calories or less.

Carbohydrates: Carbohydrates are our bodies' favorite source of energy and the only source of energy that your brain can use. It is important to get carbohydrates from your food, but our bodies like some sources more than others. Look on the nutrition label to see how much total carbohydrate, sugar, and fiber per serving of smoothie.

Fiber: Carbohydrates from fiber are beneficial to your health by causing you to feel full for longer and helping with digestion. Eating enough fiber can also reduce your risk for heart disease. Smoothies that use whole fruits will have more fiber than smoothies that use fruit juices. Look for smoothies with more fiber.

Sugars: Carbohydrates from sugar are present in naturally sweet foods like fruits, but may also be added as an additional ingredient to further sweeten the food. Many smoothies contain fruits like bananas, berries, oranges, and pineapple. Some

contain fruit juices. These fruits provide a quick energy boost from the natural sugar and often bring some vitamins and fiber along with them. Added sugars only supply calories with few or no nutrients and no dietary fiber. Sugars are listed on the nutrition label under carbohydrates. Added sugars may be listed in the ingredient list as dextrose, cane sugar, and high-fructose corn syrup. When comparing smoothies, you want to look for the smoothies with less sugar, particularly when the smoothie will be a snack.

Fat: Our bodies need fat to provide energy and carry nutrients, but not too much. Some types of fat are better for our health than others. Saturated fat and trans fat are bad for your heart health. The 2015 Dietary Guidelines for Americans by the United States Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) recommends that you limit saturated fat to less than 10% of calories, and avoid trans fat. Look for smoothies lower in saturated fat and contain 0 grams trans fat. If you look at the ingredient list, you do NOT want to find “partially hydrogenated oils” listed, as these are sources of trans fat.

Protein: Protein does so many things in your body, but it is best known for helping you build muscle. Protein also may help you feel full for longer. When a smoothie is going to be a meal, you will definitely want it to have some protein. If a smoothie will be a snack, it may not have much protein, and that is perfectly okay. In general, choose smoothies with more protein.

Vitamins and Minerals: Vitamins and minerals are listed on nutrition labels as a percent daily value (%DV). The goal is to get 100% of the DV from foods each day. A vitamin and mineral-rich smoothie provides all four that are listed on the Nutrition label: Vitamin A, which is good for eyes and skin; Vitamin C, which helps the immune system protect from disease; Calcium, which helps build strong bones; Iron, which helps circulation and energy levels. When a smoothie has calcium in the amount of 10% or more, it probably contains some foods from the dairy group, such as milk or yogurt. In general, you want to choose smoothies with more vitamins and minerals.

Salt: Our bodies need sodium (salt) to function, but getting too much leads to high blood pressure and is harmful to your health. The 2015 Dietary Guidelines for Americans and MyPlate recommend that you consume no more than 2300 milligrams (mg) of sodium per day. Be sure to check the label and look for smoothies that are lower in sodium.

Ingredients: Smoothies are typically made from fruit, fruit juices, dairy (milk or yogurt), and some might contain vegetables. Much of the “designer” type smoothies contain more additives than is necessary to get your daily nutrition needs met.

Fruit juices: It’s best if a smoothie contains whole fruit. If a smoothie contains juice, it is best if that is 100% fruit juice.

Sugar, sugar substitutes/non-nutritive sweeteners: There are several sugar substitutes and non-nutritive sweeteners that are used to make foods sweet with fewer calories. The non-nutritive sweeteners on the market today used in soft drinks, with table top version listed in parentheses, include aspartame (Equal® or Nutrasweet®), sucralose (Splenda®), acesulfame potassium (Sunette®) and saccharin (Sweet’n Low®). All of these non-nutritive sweeteners have been approved by the Food and Drug Administration (FDA). However, the long-term health effects for children and adolescents are unknown, so it may be best to avoid smoothies that use these non-nutritive sweeteners.

Stevia comes from a plant, tastes very sweet, and is used as sugar substitute in some foods. A highly processed form is allowed to be used in foods in the United States. Because the long-term health effects of stevia are unknown, particularly for children and adolescents, it is best to avoid smoothies that use stevia.

Caffeine: Caffeine, a stimulant, is added to some smoothies and must be listed as an ingredient if it is added. Caffeine is not necessary for health, and little is known about the safety of caffeine for children and adolescents. It is best to avoid caffeine in smoothies.

Additional B Vitamins: Many smoothie companies add additional B Vitamins that they advertise as “giving you more energy.” Vitamins do not provide energy, but they help your body use the energy you get from carbohydrates, protein, and fats. We can get plenty of B vitamins from the foods we eat. We do not need additional vitamin supplements and powders, unless recommended by your doctor.

Amino acids like Taurine, Arginine, and Creatine: Many smoothie companies add additional amino acids that they advertise as “giving you more energy,” “helping with recovery,” or “building muscle.” Protein from food is made up of amino acids, and we can get plenty of protein from the foods we eat. We do not need additional amino acid supplements and powders, unless recommended by your doctor.

Other Additional Ingredients: If you eat a well-balanced diet, you truly do not need additional ingredients in your smoothie other than those that add taste, not calories. Cinnamon, turmeric, ginger, coconut water, vegetables like kale or spinach, or raw cacao can add lots of taste for more satisfaction and variety.

Smoothies vs. Juicing: What is the difference exactly between smoothies vs. juicing? They both contain fruit and in many cases veggies. When prepared on the spot, both juices and smoothies are made with real fruit and veggies (instead of purees, syrups, or powders).

The difference between smoothies vs. juicing is in the production. Juices are pressed using a juicer, which means that the pulp of the fruits and veggies is separated from the juice. Juicing provides a very nutrient-dense beverage in a smaller amount of liquid. Juicing usually means no “pieces” or “chunks” in your drink, but that also means no fiber.

Studies have shown that blending fruit in smoothies leaves you with more antioxidants than when you juice the same ingredients. That is because you find antioxidants (such as Vitamin C, Vitamin E, enzymes, and beta- carotene) primarily in the fibrous membranes of fruit.

Smoothies will make you feel full sooner than juices will. Because of the pulp, skin, and fiber in fresh, natural smoothies, the volume of the drink is higher which makes you feel full. A juice, on the other hand, does not contain the same amount of pulp, which will not make you feel as satisfied. For those who need a low-fiber diet, however, juicing may be a better option. But, it is easy to over-consume with juices, which also means a higher intake of calories.

Both beverages contain sugar and so both can raise your blood sugar levels. However, the effects are more dramatic and rapid with juices.

Juicing can also be more expensive, as you have to use a greater volume of produce.

Reading a Smoothie Label: Practice by reading these various smoothie labels. Pay attention to sugars, calories, fat, protein, ingredients, serving sizes, etc.



Item **McDonald's®, McCafé Mango Pineapple Smoothie**

Price	\$2.25
Size	16 oz
Calories	250
Fat (g)	1
Saturated Fat (g)	0
Trans Fat (g)	0
Carbohydrates (g)	57
Sugar (g)	52
Fiber (g)	1
Protein (g)	3
Sodium (mg)	45
Vitamin A (%)	35
Vitamin C (%)	25
Calcium (%)	8
Iron (%)	2
Caffeine (mg)	0



Item **Bolthouse® Farms,
Green Goodness**

Cost per bottle	\$3.12
Bottle size	15.2 OZ
Serving Size	8 fl oz
Cost per oz	\$0.21
Cost per serving	\$1.64

**Nutrition information (per
8 fluid oz serving)**

Calories	130
Fat (g)	0
Saturated Fat (g)	0
Trans Fat (g)	0
Carbohydrates (g)	30
Sugar (g)	26
Fiber (g)	1
Protein (g)	2
Sodium (mg)	20
Caffeine (mg)	0

Yoplait Frozen "Ready to Blend" Smoothie

Nutrition Facts
 Serving Size ½ pouch (107g)
 8 FL. OZ Prepared
 Servings Per Container 2

Amount Per Serving	As packaged	Prepared
Calories	70	110
Calories from Fat	10	15
	% Daily Value**	
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 30mg	1%	4%
Total Carbohydrate 14g	5%	7%
Dietary Fiber 2g	8%	8%
Sugars 10g		
Protein 2g		
Vitamin A	0%	4%
Vitamin C	25%	25%
Calcium	50%	60%
Iron	4%	4%

* Amount as packaged. As prepared with skim milk, one serving provides 1.5g total fat, less than 5mg cholesterol, 80mg sodium, 20g total carbohydrate (15g sugars), and 5g protein.
 **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Strawberries, Blueberries, Water, Raspberries, Nonfat Yogurt (skim milk, yogurt cultures), Sugar, Fructose, Calcium Phosphate, Milkfat, Corn Starch, Banana Puree, Natural Flavor, Nonfat Milk, Gelatin, Xanthan Gum, Pectin, Carrageenan, Sucralose, Citric Acid.

CONTAINS MILK INGREDIENTS.

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Toothpaste

Toothpaste



Georgia 4-H Cotton Boll and Consumer
Judging

You can keep all of your teeth healthy and looking good by brushing and flossing and by having regular professional checkups! You should brush your teeth with a soft toothbrush and pick toothpaste that meets your needs.

But which toothpaste should you buy? There are more than 110 toothpastes on the market today! Toothpaste companies try their hardest to sell their brand promising whiter teeth, less sensitive teeth or plaque free teeth! How do you choose?

You should choose a toothpaste to meet the needs of your teeth. Here we will discuss some of the basic things toothpaste can do for us: cleaning vs. plaque fighting, giving us fluoride vs. fighting gingivitis and tartar and if cost should be a determining factor.

Cleaning

Toothpaste's cleaning ability depends on how good it is at removing surface stains resulting from different food and drinks. Your teeth are cleaned by the abrasive ingredients in the toothpaste rubbing against your teeth. One abrasive that can be found in toothpaste is baking soda. Some toothpastes use between 50-60% while others use as little as 1%. You should be careful when choosing toothpaste that has a rough abrasiveness. Tooth enamel is the hardest substance in your body, but once any decay or cracks have formed, enamel will not heal on its own. Tooth enamel can usually take the harshness of a rough abrasive, but your dentin can be damaged by harsh abrasives. Dentin is the softer tissue below your gum line that's exposed as your gums become damaged by improper brushing.

Plaque

Bacteria are always present in your mouth. When they are not removed by brushing and flossing, bacteria stick to your teeth and multiply into larger and larger colonies called plaque. Plaque forms as a soft, sticky film on your teeth. Plaque even begins growing minutes after you brushed. This sticky plaque damages teeth in two ways. First, food particles, especially sugars, stick to it. The plaque uses that food to grow more bacteria and to produce acid. Second, the plaque holds the acid against the tooth surface. If it is not removed, the acid will eventually eat through the tooth enamel, causing a cavity. When you use toothpaste that attacks plaque, it actually fights the germs that cause cavities.

What is fluoride?

It is very important for you to brush with toothpaste that contains fluoride. Fluoride is the ingredient found in toothpaste that actually fights cavities (not the germs). When plaque acids start to dissolve tooth enamel and create the first trace of a cavity, fluoride can help minerals in your saliva reenter the tooth to repair the damage.

You should brush with fluoride toothpaste for 2 minutes at least twice a day using a soft bristled toothbrush. (Most people only brush for a minute-at best!) It is very important to find toothpaste that releases its fluoride within the first minute of brushing. A lucky thing is that most of them do.

So how do we know if toothpaste meets the criteria for quick release of fluoride? Read the label! Look for the ADA (American Dental Association) seal. Read it to see what properties it covers (plaque, tarter, etc.).

Gingivitis

When your gums begin to swell and the bones supporting your teeth get infected this results in tooth loss. This can happen if you don't brush your teeth! The first sign of this disease is called Gingivitis. Gingivitis is marked by swollen, bleeding gums and bad breath. This stage is painless and, unfortunately, many people do not seek help from a dentist. As this disease worsens, the bones supporting the tooth and ligaments become affected and the teeth eventually fall out. Researchers recently found that stannous fluoride (an ingredient in some toothpaste) can reduce gingivitis by perhaps 10-20%. However, this chemical may leave a stain on your teeth that a dentist or hygienist must remove.

Tackling Tartar

Tartar is plaque that has combined with food particles and minerals in saliva to form a hard, yellowish mass only a dentist or hygienist can remove. If you keep plaque away by brushing thoroughly and flossing daily, you may form less tartar between cleanings. Some people do make tartar rapidly, either because of body chemistry or because they do not brush their teeth enough or they brush their teeth wrong. Tartar control toothpastes can help. They contain a chemical that slows the buildup of new tarter above the gum-line. Take note: No tartar control toothpaste can reduce tartar that's already on your teeth or remove tartar that is below your gum line - where tartar causes gum disease.

Sensitive Teeth

As gums recede and expose dentin, the newly uncovered section of tooth may be very sensitive to heat, cold or pressure. Some toothpastes on the market can now block the nerve endings causing the pain. Take note: toothpaste for sensitive teeth is generally appropriate for only a few weeks!

Cost

Toothpastes vary in price from 44 cents to \$10.28 per month, based on the national price average for brushing twice daily. Price does not always correlate to performance!

When weighing claims that toothpaste makes, take the ADA seal seriously! It's a sign for consumers that says exactly what the toothpaste will do. If a toothpaste does not carry the ADA seal, the toothpaste may be making untrue promises or exaggerating.

Types of Toothpaste

There are many “specialty” toothpastes on the market that consumer can select from. Each is designed to meet individual needs. These include:

- *Whitening Toothpaste* -- Whitening toothpastes contain chemical or abrasive ingredients to help remove and/or prevent stains from forming on the teeth. When used regularly, whitening toothpastes can reduce the appearance of stains and make your teeth look whiter.
- *Antimicrobial* -- Antimicrobial toothpastes may contain stannous fluoride, an antibacterial agent that also provides anti-cavity and sensitivity benefits.
- *Tartar Control Toothpaste* -- Tartar-control toothpastes may contain sodium pyrophosphate which helps to keep tartar from forming on teeth or better yet, sodium hexametaphosphate, which helps prevent tartar and stain, above the gum line. But if you already have stubborn tartar, tartar control toothpaste won't remove it. You'll need a professional cleaning from your dental hygienist. It's beneficial to start using tartar-control toothpaste after a dental checkup.
- *Desensitizing Toothpaste* -- Tooth sensitivity often results from weakened enamel or the exposure of roots due to receding gums. Desensitizing toothpastes work by creating a barrier and blocking irritants from reaching the nerves. Avoid whitening toothpaste if you have sensitive teeth as the chemical they contain may cause irritation or worsening of your symptoms.
- *Fluoride Toothpaste* -- Fluoride is important to your dental health and can be added to any type of toothpaste. Not only does fluoride strengthen teeth against dental cavities but it remineralizes teeth worn by acid and fights sensitivity. Fluoride toothpaste is an excellent choice for those who need a little extra help protecting themselves from cavities -- especially children and seniors. Fluoride toothpastes are also recommended for those without the benefit of community water fluoridation.
- *Gum Health Toothpaste* -- Dental plaque found under the gum line can lead to gum disease. Although gum health toothpastes are not a professional gum disease treatment, they can control dental plaque and help prevent the possibility of gum disease in the future.
- *Fresh Breath Toothpaste* -- Like many mouthwashes, fresh breath toothpastes are designed to mask bad breath but do not actually treat halitosis.
- *Natural Toothpaste* -- For those who are uncomfortable brushing with chemicals, natural toothpastes may be an option. These contain all-natural ingredients but have varied results. Some natural toothpastes may not contain fluoride, so you should check the label before buying the product.
- *Children's Toothpaste* -- These toothpastes have been developed to meet the special needs of children. As children are extremely susceptible to dental cavities, their toothpastes often contain fluoride. Younger children should only use a small amount of toothpaste to avoid ingestion and prevent dental fluorosis and should be always supervised during brushing. Many children's toothpastes are especially high in sugar, so be sure to keep an eye on their labels.

- *Baking Soda Toothpaste* -- Baking soda has traditional significance because it was once used to clean teeth. Although baking soda has no therapeutic value, some prefer it because they enjoy the fresh feeling they get after brushing with it.
- *Gels* -- Some gels contain mouthwash which may be why some prefer the consistency or taste of a gel over a toothpaste. While gels may make your mouth feel fresher, there's no proof that they clean teeth better than toothpastes. Also, many gels do not contain fluoride.
- *Tooth Powders* -- Dry powders are also available to clean your teeth but they are often more abrasive than toothpaste.
- *Organic* - Organic toothpaste is derived from the use of all natural ingredients such as mint and other similar herbs that are also natural breath fresheners. They are not formulated to be like a form of “soap” for your teeth like regular toothpaste is. Organic toothpaste contains all of the needed elements without the potentially harmful chemicals. Organic toothpaste can be a wise and healthier choice for those who would like to minimize the amount of chemicals they use for oral health. The all -natural solutions in organic toothpaste contain natural antibacterial ingredients such as spearmint and peppermint oils. These help to eliminate bacteria and keep your mouth healthy.

Overall Recommendations of What to Look for When Buying Toothpaste:

- *ADA Accepted.* When selecting a toothpaste, usually you would look for a product that is ADA accepted. This means that the product has been tested clinically and it is as safe as well as efficient toothpaste or dental product.
- *Fluoride.* The ADA advises everyone to use fluoride toothpaste. Fluoride in toothpaste helps to fight off cavities in your teeth. For the best protection, find a toothpaste with at least 1,000 parts per million fluoride
- *Pick a product that cleans well.* Most people, who do not have special requests of their toothpaste, can choose toothpaste that fits in their price range and personal preference.
- *Plaque or tarter control.* For plaque removal, the best bet is to brush correctly. Plaque and tarter control toothpaste can help people who have problems with plaque built that is excessive.
- *Sensitive teeth.* Less abrasive toothpaste might be a better choice for those people who have tooth or gum erosion or sensitive teeth. Potassium nitrate, is very effective ingredient for sensitive teeth. Potassium nitrate should be listed in the ingredients of good sensitive toothpaste.

- *Whitening:* Containing polishing or chemical agents that remove surface stains, this toothpaste is able to help maintain the natural color of your teeth.
- *Taste.* Some consumer may like bold, fresh-flavored toothpaste, but others may not. Remember that the flavor of the toothpaste has an effect on how much we brush. Avoid heavily sweetened toothpaste.
- *Organic.* Look for one without fluoride, sodium laurel sulfate or saccharin.

Choosing toothpaste can be a daunting task. There are so many brands and types of toothpaste on the market, and so many advertising claims, that it can be difficult to work your way through the confusion. Understanding the facts behind the hype can make your decision on which toothpaste to choose a bit easier to make. Read the label before purchasing your toothpaste. Look for any unfamiliar ingredients while ensuring that the ingredients that you want are present. Then, choose a toothpaste that best meets your individual needs.

Sources:

Consumer Reports

American Dental Association

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