

## Nutrition News & Notes

### What Millennials Need To Know About Healthful Eating

(NAPSA)-The number of millennials in America-over 83 million-surpassed that of baby boomers for the first time last year. If you or someone you care about is a millennial-born in the 1980s or '90s-here's some food for thought.

Millennials are interested in living a healthy lifestyle and define healthy as a daily commitment to eating right, and rather than rely on supplements, they value a natural foods approach to nutrition.

Unlike boomers and Gen Xers, millennials say they want to lose weight not for the sake of appearance but for general health and well-being.

Millennials tend to like exotic flavors and be more adventurous in the kinds of food they'll eat, compared to previous generations. They generally enjoy good health except for three issues.

#### The Problems

**1. The obesity issue:** Millennials are the first generation to be affected by the childhood obesity epidemic. According to the experts at the U.S. Centers for Disease Control and Prevention, obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.

In addition, millennials' tendency to go for convenience foods and to follow the latest food trends can exacerbate that.

Then, there's what they drink. The U.S. Department of Health and Human Services reports that over a third of college students consume at least one can or bottle of soda per day, while a Gallup poll found 20-somethings more likely to drink alcohol regularly than do older generations.

**2. Meeting nutritional needs:** Surveys show millennials can be at risk for a number of vitamin and mineral deficiencies-and that could affect their health for the rest of their lives. In particular, many are not getting enough fiber, vitamins A, E and K, magnesium, iodine and potassium. Often, millennials are at risk for deficiency in vitamin B6, vitamin B12 and vitamin C, too.

In addition, young women may have difficulty meeting the dietary requirements for calcium, vitamin D and iron. Moreover, some 10 percent of young women have low body iron.

**3. Founding families:** Many millennials are reaching an age when



The millennial generation is health conscious but many are not getting all the nutrients they need.

they're thinking about starting families. It's important for all women in their childbearing years to eat a healthy diet, with particular care to consuming enough folate and iron. Yet nearly a quarter of women have a folate status lower than necessary to prevent birth defects.

Other nutrients of particular importance during pregnancy include zinc, iodine, choline, DHA, and vitamins D, B6 and B12.

#### An Answer

Fortunately, a number of these young people have discovered a convenient, good-tasting and easy way to get many of the nutrients they need: by eating eggs. Eggs are an all-natural source of high-quality protein and a number of other nutrients, all for only about 70 calories an egg. All eggs are not created equal, however, and the diets of the hens that lay them play a significant part.

For example, Eggland's Best (EB) eggs come from hens fed a wholesome, all-vegetarian diet consisting of healthy grains, canola oil, and a supplement of rice bran, alfalfa, sea kelp and vitamin E. Eggland's Best proprietary hen feed contains no animal by-products and no recycled or processed foods, and EB never uses hormones, steroids or antibiotics of any kind.

That's one reason EB eggs offer five times the vitamin D and 25 percent less saturated fat than ordinary eggs. They're also packed with other important nutrients including three times more vitamin B12, more than twice the omega-3s, 10 times more vitamin E and 38 percent more lutein than regular eggs.

#### Learn More

For recipes and further facts on nutrition, go to [www.egglandsbest.com](http://www.egglandsbest.com).



### Fraud-Fighting Facts

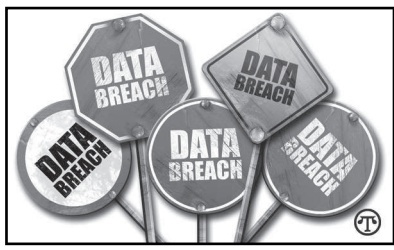
(NAPSA)-Hundreds of data breaches occur every year in the U.S. If your company, organization or agency has a data breach, you need to know what to do to help people whose personal information may have been exposed.

Should you hire an identity theft service provider? If so, how should you choose one? Identity theft services may not be necessary for every breach but if you're going to offer this kind of service, make sure it provides the information and assistance that best fits the needs of those affected.

Consumer Federation of America has created a checklist, "My company's had a data breach, now what? 7 questions to ask when considering identity theft services," to help you make these decisions. This isn't meant to be legal advice, however-always consult with an attorney about how to respond to a breach.

Identity theft services typically alert people about possible fraudulent use of their personal information, mitigate the damage, and/or help victims recover from identity theft. The features of the services vary and can often be customized to fit particular breach situations. One question to ask is whether the service provides information about how to reduce the potential damage that may result from the breach-for example, by changing account numbers and passwords, monitoring one's accounts online, and using fraud alerts, security freezes and other tools.

Other questions to consider include: Are services available 24/7? Is there a toll-free number with live operators? What will the response times be? Can the service handle



Knowing the right questions to ask can help you choose the best services for breach victims.

multiple languages? If monitoring is provided, how quickly are alerts sent? Are there specially trained personnel to help victims of fraud resulting from the breach, and will that assistance continue for problems that aren't resolved when the contract ends?

The checklist explains the different kinds of monitoring and fraud resolution that may be offered. Whether identity theft services are needed and what features to look for depends on the types of personal information involved and other factors. A good rule of thumb is: if you are legally required to notify the victims of a data breach, consider providing these services. It's wise to retain an identity theft service provider in advance so you won't be scrambling to select one in the midst of a breach situation.

How can you find a reputable identity theft service provider? For the answer to that and other questions about data breach services, go to [www.IDTheftInfo.org](http://www.IDTheftInfo.org).

999 ♦ PUBLIC NOTICE

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#### NOTICE OF PUBLIC HEARING

On November 16, 2016 at 6:00 pm the Siuslaw Valley Fire and Rescue Board of Directors will conduct a public hearing for the consideration an ordinance enabling Siuslaw Valley Fire and Rescue to recover costs associated with the delivery of services. Copies of the ordinance are available at the office of the District Board located at 2625 Highway 101 N. Florence, OR 97439 during normal business hours.

Publication Date: November 12, 2016

#### NOTICE OF PUBLIC MEETING

The Port of Siuslaw Commission will hold their meeting on Wednesday, November 16, 2016, at the Port of Siuslaw conference room, 100 Harbor Street, in Florence, at 7:00 PM. The agenda includes appointing an Insurance Agent of Record for 2017-2019, a resolution to demolish the F/V ESTER, and a review of moorage rates. Following the regular meeting, the Commission will go into executive session per ORS 192.660 (2) (e) to discuss property. Port meetings are open to the public. For more information call (541) 997-3426.

Publication Date: November 12, 2016

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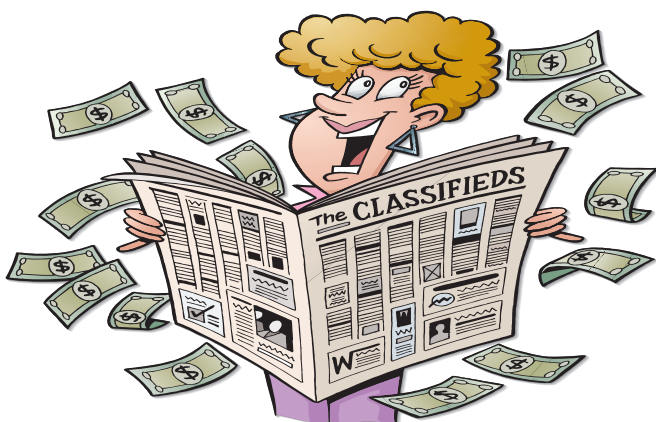
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We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

## Good Luck

**JERRY NEWBY** found the Veterans Day graphic on page 6C (In Flag at top - in 'e' of Classifieds) He has won a gift certificate to The Chicken Coop.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Monday by 3:00 PM



Wednesday's Graphic