



NAD Newsletter

VOLUME 41 NO. 09 SEPTEMBER 2023

Satisfy Every Craving with These 7 Easy Swaps



If you have diabetes, did you know that there are no foods that are off-limits? There aren't. Everything has its place in a balanced eating plan, even if you're living with diabetes. That said, eating more of some foods and less of others can make managing your blood glucose (blood sugar) a lot easier—something that's important for feeling good now and staying healthy for years to come.

Swaps for Your Favorite Foods

With that in mind, we've rounded up some simple swaps that will let you enjoy your favorite foods without major changes to your blood glucose (bloodsugar).

1. Breakfast cereals with added sugar

Try: Whole-grain toaster waffle topped with nut butter and cacao nibs

This swap has all the flavors you love while healthy fats and high-fiber cacao nibs help stabilize blood glucose.

Continued on the next column..

2. Pizza

Try: Low-carb wrap topped with tomato sauce and shredded cheese

Spread your favorite toppings on a low-carb wrap and heat it up in a non-stick skillet or air fryer to mimic that charred crust taste.

3. Soda

Try: Flavored sparkling water

Reach for a can of sugar- and calorie-free flavored seltzer or drop fruit pieces like pineapple chunks or strawberry slices into plain sparkling water.

4. Noodles

Try: Chickpea or lentil pasta

Dried pastas made with chickpea or lentil flour contain more fiber and protein, meaning they're a nutrient-dense choice for people living with diabetes.

5. Chips and queso

Try: Veggies and a vegan queso

To satisfy that salty-meets-gooney craving, whip up this vegan queso made with tofu and nutritional yeast and dip in non-starchy veggies such as bell peppers or radishes.

6. Ice cream

Try: "Nice" cream

"Nice" cream is made by whirling frozen bananas in a food processor, which gives them the texture of frozen yogurt. Plus, you can add the healthy topping of your choice, such as fruit, nuts, or sugar-free coconut shavings.

7. Pretzels

Try: Pistachios

Pistachios provide a trifecta of protein, fiber and healthy fats. When eaten as part of a weight-loss diet, it decrease one's consumption of sweets.

Buttery Lemon Grilled Fish on Grilled Asparagus



INGREDIENTS

- * Asparagus Spears (1 lbs)
- * Cod Filets (4, 4-ounce each, rinsed, patted dry)
- * Juice and Zest of a Medium Lemon (1)
- * Light Butter with Canola Oil

This quick and easy fish recipe may be the perfect weeknight summer dish. With just a few ingredients, you can have a beautiful, heart healthy, and diabetes-friendly meal on the table in about 15 minutes. this healthy, easy morning meal or mid-day snack!

DIRECTIONS

1. Heat a grill or grill pan over medium-high heat. Coat the asparagus with cooking spray and cook 6–8 minutes or until just tender-crisp, turning occasionally. Set aside on a rimmed serving platter and cover to keep warm.
2. Coat both sides of the fish with cooking spray, sprinkle with 1/4 teaspoon black pepper, if desired, and cook 3 minutes on each side or until opaque in center.
3. Meanwhile, combine the light butter, lemon zest and 1/4 teaspoon salt, if desired, in a small bowl.
4. Spoon the butter mixture over the asparagus and spread over all. Top with the fish and squeeze lemon juice over fish.

NUTRITION FACTS

4 Servings

Serving Size: 3 Ounces Cooked Fish; 6-8 Asparagus Spears; and 1 Tablespoon Topping
Calories: 160

- ◆ Total Fat: 6g
- ◆ Saturated Fat: 1.4g
- ◆ Trans Fat: 0g
- ◆ Cholesterol: 50mg
- ◆ Sodium: 210mg
- ◆ Total Carbohydrate: 6g
- ◆ Dietary Fiber: 3g
- ◆ Total Sugars: 3g
- ◆ Protein: 23g
- ◆ Potassium: 635mg

<https://www.diabetesfoodhub.org/recipes/buttery-lemon-grilled-fish-on-grilled-asparagus.html>

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

SEPT 01, 2023 FRI	M-Z
SEPT 05, 2023 TUE	Elderly./Special Needs Clients/ A-L
SEPT 06, 2023 WED	OPEN DAY
OCT 02, 2023 MON	Elderly./Special Needs Clients/ A-L
OCT 03, 2023 TUE	M-Z
OCT 04, 2023 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

SEPT 01, 2023 FRI	Elderly, Special Needs Clients
SEPT 05, 2023 TUE	A-L
SEPT 06, 2023 WED	M-Z
OCT 02, 2023 MON	Elderly, Special Needs Clients
OCT 03, 2023 TUE	A-L
OCT 04, 2023 WED	M-Z

SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)

NAP coupons will be issued through a drive thru at the JTV Building in As Lito based on the set schedule below:

SEPTEMBER 2023

SEPT 01, 2023	FRI	Case Record ID ending with '1 & 2'
SEPT 05, 2023	TUE	Case Record ID ending with '3 & 4'
SEPT 06, 2023	WED	Case Record ID ending with '5 & 6'
SEPT 07, 2023	THU	Case Record ID ending with '7 & 8'
SEPT 08, 2023	FRI	Case Record ID ending with '9 & 0'

OCTOBER 2023

TO BE ANNOUNCED.

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19

Virus which requires social distancing, NAP Office does not require an applicant to attend the Mass Orientation instead, NAP has an Orientation in a paper version, where you can obtain a copy from the NAP Office or in the NAP Website:

<http://www.cnminap.gov.mp>

Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

IMPORTANT REMINDER

NAP would like to remind all NAP clients to **renew as early as the first week of each month** to avoid delays of issuance of benefit for the following month. If the NAP ID expires the end of the month, that means your renewal should be done on the same month except on the first week. Application package can be picked up at the Certification Unit area or downloaded online at www.cnminap.gov.mp

You can purchase Fruits and Vegetables with your NAP coupons at the following Authorized Retailers:

1. LJ's II
2. NEW CHANG MING MARKET
3. DBM FISH MART
4. HERMAN'S MODERN BAKERY (GARAPAN)
5. NEW SARA MARKET

NAP CONTACT INFORMATION:

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Administration	(670) 237-2800
FAX	(670) 664-2850
Website:	www.cnminap.gov.mp
Email:	support@cnminap.gov.mp
Accounting	(670) 237-2851-3
Benefit Issuance & Claims Account-ability	(670) 237-2813-15 (670) 237-2860-62/2864
CASHIER	(670) 237-2863
Retail & Redemption Unit	(670) 237-2821-3
Management Evaluation Unit	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
Tinian Office	(670) 433-9330
Rota Office	(670) 532-4627

LOW-CARB VEGETABLES RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1.0 G	 GARLIC 1 CLOVE: 1.0 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 5.9 G	 MUSHROOMS 1/2 CUP: 2.2 G	 CAULIFLOWER 1/2 CUP: 2.6 G
 ONION 1/2 CUP: 3.4 G	 TOMATO 1/2 CUP: 3.5 G	 BELL PEPPER 1/2 CUP: 3.5 G	 ASPARAGUS 1/2 CUP: 3.7 G
 GREEN BEANS 1/2 CUP: 4.9 G	 BROCCOLI 1/2 CUP: 6.6 G	 CABBAGE 1 CUP: 8.8 G	 CARROTS 1 LARGE: 8.8 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 55.6 G	 SWEET POTATO 1 CUP: 20.7 G	 RED POTATO 1 MEDIUM: 33.9 G

EatingWell

To all NAP recipients or representative, please ensure that on each coupon, you must print the following clearly:

1. Entire 10-digit Food Stamp I.D. Card Number
2. Valid Photo I.D. Number
3. Print Complete Name (No Initial Name)
4. Signature

