What is the Diabetes Plate Method?

The Diabetes Plate Method is the easiest way to create healthy meals that can help manage blood sugar. Using this method, you can create perfectly portioned meals with a healthy balance of vegetables, protein, and carbohydrates—without any counting, calculating, weighing, or measuring. All you need is a plate!

1. **Fill half your plate with non-starchy vegetables.**

Non-starchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with non-starchy vegetables means you will get plenty of servings of these superfoods.

2. Fill one quarter of your plate with lean protein foods

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered "protein foods."

Proteins foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice. Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

3. Fill one quarter of your plate with carbohydrate foods

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar. Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals.

4. Choose water or a low-calorie drink

Water is the best choice because it contains no calories or carbohydrates and has no effect on blood sugar.

https://www.diabetesfoodhub.org/articles/what-is-the-diabetes-plate-method.html

Easy Chicken and Vegetable Casserole

INGREDIENTS

- ✦ Cooked grains such as Brown Rice, Quinoa or Farro (2 1/2 cup)
- ✦ Cooked Chicken, chopped (3 cups)
- ✦ Salt (1/4 tsp, optional)
- ✦ Nonstarchy vegetables such as Broccoli, Asparagus, Zucchini (3 1/2 cups)
- ✦ Creamy mushroom or Broccoli Soup (2 1/2 cup)
- ✦ Shredded Cheese (3/4 cup)

DIRECTIONS

1. Preheat oven to 375°F.

2. In a 2-quart baking dish, evenly layer the rice and then chicken. Sprinkle with salt. Layer with the vegetables. Slowly and evenly pour the soup on top. Sprinkle with cheese.

*Be sure to use a ready-to-eat creamy soup, not condensed. If all you have is condensed, thin it out with milk, broth, or water before adding to the casserole.

3. Bake uncovered until steaming hot, about 30 minutes, and serve.

NUTRITION FACTS
8 Servings
Serving Size: 1 cup
Calories: 260

- ♦ Total Fat: 7g
- ♦ Saturated Fat: 2.7g
- ♦ Trans Fat: 0g
- ♦ Cholesterol: 60mg
- ♦ Sodium: 300mg
- ♦ Total Carbohydrate: 23g
- ♦ Dietary Fiber: 5g
- ♦ Total Sugars: 2g
- ♦ Protein: 27g
- ♦ Potassium: 450mg
- ♦ Phosphorus: 340mg

https://www.diabetesfoodhub.org/recipes/easy-chicken-and-vegetable-casserole.html?home-

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

Rota Distribution Time is from 8:00AM to 3:00PM.
Closed on Weekends and Holidays.

APR 01, 2024 MON	Elderly, Special Needs Clients/ A-L
APR 02, 2024 TUE	M-Z
APR 03, 2024 WED	OPEN DAY
MAY 01, 2024 WED	M-Z
MAY 02, 2024 THU	Elderly, Special Needs Clients/ A-L
MAY 03, 2024 FRI	OPEN DAY

TINIAN Benefit Issuance Schedule

Tinian Distribution Time is from 8:00AM to 3:00PM.
Closed on Weekends and Holidays.

APR 01, 2024 MON	Elderly, Special Needs Clients
APR 02, 2024 TUE	A-L
APR 03, 2024 WED	M-Z
MAY 01, 2024 WED	Elderly, Special Needs Clients
MAY 02, 2024 THU	A-L
MAY 03, 2024 FRI	M-Z

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

NAP coupons will be issued through a walk-in at the JTV Building in As Lito based on the set schedule below:
Subject to change in case of Emergency

APRIL 2024		
APRIL 01, 2024	MON	Case Record ID ending with '**3 & 4**'
APRIL 02, 2024	TUE	Case Record ID ending with '**5 & 6**'
APRIL 03, 2024	WED	Case Record ID ending with '**7 & 8**'
APRIL 04, 2024	THU	Case Record ID ending with '**9 & 0**'
APRIL 05, 2024	FRI	Case Record ID ending with '**1 & 2**'
APRIL 08, 2024	MON	**OPEN DAY**
MAY 2024		
MAY 01, 2024	WED	Case Record ID ending with '**1 & 2**'
MAY 02, 2024	THU	Case Record ID ending with '**3 & 4**'
MAY 03, 2024	FRI	Case Record ID ending with '**5 & 6**'
MAY 06, 2024	MON	Case Record ID ending with '**7 & 8**'
MAY 07, 2024	TUE	Case Record ID ending with '**9 & 0**'
MAY 08, 2024	WED	**OPEN DAY**

ORIENTATION ANNOUNCEMENT

NAP Office does not require an applicant to attend the Mass Orientation, instead NAP has an Orientation in paper version, where you can obtain a copy from the NAP Office or in the NAP Website:
http://www.cnminap.gov.mp
Make sure to 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 I.D. expires at 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 or downloaded online at **www.cnminap.gov.mp**

NAP NEWSLETTER

You can utilize your NAP coupons at the following Authorized Retailers:

1. TE'S FISH MARKET
2. RISING SUPERMARKET
3. K SUPERMARKET
4. J & J MART
5. 3 KINGS MARKET

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6
	(670) 237-2870-4
FAX	(670) 664-2851
Administration	(670) 237-2800
FAX	
Website:	(670) 664-2850
www.cnminap.gov.mp	
Email:	
support@cnminap.gov.mp	
Accounting	(670) 237-2851-3
Benefit	(670) 237-2813-15
Issuance &	(670) 237-2860-62/2864
Claims Account-ability	
CASHIER	(670) 237-2863
Retail & Redemption Unit	(670) 237-2821-3
Management	(670) 237-2831-7
Evaluation Unit	(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

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**

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