



6 Diabetes-Friendly Fruits to Enjoy This Spring



Fruit is nutrient-rich and offers health promoting antioxidants, minerals, and fiber. A review of the research suggests that eating fruit regularly and as a part of a healthy eating plan is associated with lower fasting blood glucose (blood sugar) levels and a lower risk for developing type 2 diabetes. It offers protection against heart disease and certain cancers, too.

1. Strawberries

Strawberries dazzle with their vivid red color, sweet juiciness, and burst of flavonoids and antioxidants.

2. Avocados

These buttery-textured fruits contain healthy fats and act as “nutrient boosters,” helping enhance absorption of fat-soluble nutrients like vitamins D and E.

3. Sweet Cherries

The polyphenols in cherries may play a health protective role for people with type 2 diabetes.

4. Mangos
Tropical mangos feature more than 20 vitamins and minerals. They may help boost satiety (feeling full), which can be beneficial for managing weight.

5. Golden Kiwifruit

With a triple whammy of vitamin C, fiber, and a low GI, kiwifruits are sweet picks for people with diabetes. One golden kiwi offers all the vitamin C needed daily. They have smoother skin than the green variety—it’s edible, nourishing, and full of fiber. Use golden kiwis in any recipe calling for green kiwis.

6. Mandarin Oranges

There are numerous types of mandarins, including clementines. They’re like petite easy-to-peel oranges packing a punch of vitamin C. Citrus polyphenols may play a protective role over time for people with type 2 diabetes. Use two mandarin oranges in recipes calling for one navel orange.

Chicken and Cucumber Lettuce Wraps with Peanut Sauce



INGREDIENTS

reduced-fat peanut butter 1/4 cup
lower sodium soy sauce 2 tbsp
honey 1 tbsp
rice vinegar 1 tbsp
sesame oil 1 tsp
garlic (minced) 1 clove
fresh ginger (grated) 1 tsp
water (or more to reach desired consistency) 3 tbsp
boneless, skinless chicken breasts (cooked and sliced) 2 whole
cucumber(s) (julienned (cut into thin strips about the size of matchsticks)) 1 large
carrots (julienned) 1 large
fresh cilantro (chopped) 1/2 cup
Lettuce 8 leaves
green onion (scallion) (thinly sliced) 2 stalks
sesame seeds (toasted, for garnish) 1 tsp

DIRECTIONS

1. In a small bowl, whisk together peanut butter, soy sauce, honey, rice vinegar, sesame oil, minced garlic, and grated ginger. Add water gradually until you reach the desired sauce consistency.
2. Assemble the lettuce wraps by laying out large lettuce leaves, placing chicken on each leaf, and topping with cucumber and carrots.
3. Drizzle peanut sauce over the chicken and top with cilantro, scallions, and sesame seeds.

Nutrition facts

4 Servings
Serving Size 2 wraps

Amount per serving
Calories 303
Total Fat 11.8g
Saturated Fat 2.3g
Trans Fats 0g

Cholesterol 73mg
Sodium 437mg
Total Carbohydrate 17g
Dietary Fiber 3g
Total Sugars 9g
Added Sugars 5g

Protein 33g
Potassium 610mg
Phosphorous 320mg

<https://diabetesfoodhub.org/recipes/chicken-and-cucumber-lettuce-wraps-peanut-sauce>

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

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

SEPT. 30, 2024 MONDAY	Elderly, Special Needs Clients/ A-L
SEPT. 30, 2024 MONDAY	M-Z
SEPT. 30, 2024 MONDAY	OPEN DAY
OCT 31, 2024 THU	M-Z
OCT 31, 2024 THU	Elderly, Special Needs Clients/ A-L
OCT 31, 2024 THU	OPEN DAY

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

TINIAN Benefit Issuance Schedule

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

NOVEMBER 2024		
NOV. 01, 2024	FRI	Case Record ID ending with '9 & 0'
NOV. 06, 2024	WED	Case Record ID ending with '1 & 2'
NOV. 07, 2024	THU	Case Record ID ending with '3 & 4'
NOV. 08, 2024	FRI	Case Record ID ending with '5 & 6'
NOV. 12, 2024	TUE	Case Record ID ending with '7 & 8'
NOV. 13, 2024	WED	OPEN DAY

SEPT. 30, 2024 MONDAY	Elderly, Special Needs Clients
SEPT. 30, 2024 MONDAY	A-L
SEPT. 30, 2024 MONDAY	M-Z
OCT 31, 2024 THU	Elderly, Special Needs Clients
OCT 31, 2024 THU	A-L
OCT 31, 2024 THU	M-Z

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

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

1. LAO MARKET
2. BROTHER'S MARKET
3. GOLD RIBON BAKERY
4. NEW SAN ANTONIO SUPERMARKET
5. WELCOME SUPERMARKET

NAP CONTACT INFORMATION:

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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 G	 GARLIC 1 CLOVE: 1 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 1.9 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: 5.6 G	 CABBAGE 1 CUP: 6.6 G	 CARROTS 1 LARGE: 6.9 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 15.8 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

