



# NAD Newsletter

VOLUME 39 NO. 02 FEBRUARY 2021

## The Dangers of Yo-Yo Dieting

The early days of 2021 will likely be filled with quick-fix diets promising to help you “lose the quarantine weight.” But you might think twice before jumping into a fad diet to lose weight fast. Restrictive diets often lead you down a predictable path: you’ll stick with it at first, lose some weight, then eventually give in and start eating foods that were off limits, followed by regaining the weight you lost. Many of us have experienced this—perhaps many times before—but is it dangerous? While most experts agree that losing weight can lead to many health benefits, *how* you lose weight is more controversial. Weight loss “diets” are unsustainable for most and often lead to “weight cycling”—a pattern of losing and regaining weight.

Some research shows that this pattern of “yo-yo dieting”—going back and forth between losing weight on a restrictive diet, then gaining it back when the diet ends—may be doing more harm than good.

In a study published in 2017 in *The New England Journal of Medicine*, people with dramatic fluctuations in body weight were 78 percent more likely to develop type 2 diabetes over a period of about five years compared with those whose weight remained more constant.

### Consequences of yo-yo dieting

Yo-yo dieting can lead to disordered eating habits and long-term struggles with weight. Engaging in unhealthy eating behaviors can have serious consequences, including an unhealthy relationship with food.

Another consequence for people with diabetes is that it disrupts your blood glucose management. “Consistency is a key factor for diabetes management,” says Toby Smithson, RDN, CDCES, a spokesperson for the Association of Diabetes Care & Education Specialists and coauthor of *Diabetes Meal Planning & Nutrition for Dummies*.

Although food isn’t the only thing that affects your blood glucose—medication, sleep, stress, and physical activity also play a role—it’s a key part. Drastically cutting back on calories can lead to dangerously low blood glucose, for instance, and overeating after weeks of deprivation can raise your levels.

### Yo-yo dieting and insulin resistance

Research shows that yo-yo dieting may increase insulin resistance, a condition that occurs when your body can’t efficiently use the insulin it naturally produces. Insulin resistance can lead to type 2 diabetes; for those who already have diabetes, it makes the condition far more difficult to manage. That’s not all. Yo-yo dieting can also result in a loss of muscle mass. Overly restrictive, low calorie diets often lead to muscle loss along with fat loss. When you gain weight back, most of it tends to be fat rather than muscle. Having a higher percentage of body fat increases insulin resistance and slows your metabolism. Because muscle burns more calories than fat, your body isn’t burning as many calories. So not only are you setting yourself up for high blood glucose, but you’re also more likely to hang on to the pounds you gained back.

# PEANUT BUTTER COOKIES



## INGREDIENTS

**Ingredients:**

- 1 cup flour
- ½ teaspoon baking powder
- ½ cup butter (1 block)
- ½ cup peanut butter
- ½ cup white sugar
- ½ cup brown sugar
- 1 egg
- ½ teaspoon vanilla
- extra flour

## DIRECTIONS

1. PREHEAT oven to 350° F.
2. In a small bowl, SIFT together flour and baking powder. SET aside.
3. In a large bowl, CREAM together butter and peanut butter.
4. BLEND white and brown sugars, and ADD to butter and peanut butter mixture.
5. STIR in egg and vanilla, MIX well.
6. Slowly ADD flour mixture and MIX well.
7. ROLL dough into quarter size balls, PLACE on ungreased cookie sheet, 2 inches apart.
8. DIP fork in flour and PRESS flat onto cookie dough, making cross marks.
9. BAKE for 10 minutes or until golden brown.

## Nutrition Facts

Serving Size 1 cookie (13g)	
Servings Per Container 48	
Amount Per Serving	
<b>Calories 60</b>	Calories from Fat 30
% Daily Value*	
<b>Total Fat 3.5g</b>	5 %
Saturated Fat 1.5g	7 %
Trans Fat 0g	0 %
<b>Cholesterol 10mg</b>	3 %
<b>Sodium 35mg</b>	1 %
<b>Total Carbohydrate 7g</b>	2 %
Dietary Fiber 0g	1 %
Sugars 5g	
<b>Protein 1g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4	

### IMPORTANT REMINDER

NAP would like to remind all the NAP clients to renew as early as the first week of each month to avoid delay of benefit. 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.

### *SAIPAN Benefit Issuance Schedule (8AM-3PM)*

NAP coupons will be issued at the JTV Building in As Lito from 8 a.m. to 3:00 p.m. daily except on Holidays, and Weekends  
**Subject to change in case of Emergency**

#### *FEBRUARY 2021*

FEB 01, 2021	MON	Case Record ID ending with '1 & 2'
FEB 02, 2021	TUE	Case Record ID ending with '3 & 4'
FEB 03, 2021	WED	Case Record ID ending with '5 & 6'
FEB 04, 2021	THU	Case Record ID ending with '7 & 8'
FEB 05, 2021	FRI	Case Record ID ending with '9 & 0'

#### *MARCH 2021*

MAR 01, 2021	MON	Case Record ID ending with '1 & 2'
MAR 02, 2021	TUE	Case Record ID ending with '3 & 4'
MAR 03, 2021	WED	Case Record ID ending with '5 & 6'
MAR 04, 2021	THU	Case Record ID ending with '7 & 8'
MAR 05, 2021	FRI	Case Record ID ending with '9 & 0'

### ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distances, 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.dcca.gov.mp/nap>  
 Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

### You can purchase Fruits and Veggies with your NAP coupons at the following Authorized Retailers

1. HERMAN'S MODERN BAKERY
2. LAO MARKET
3. JINLI STORE
4. 3K'S MARKET
5. 3 KINGS MARKET

### *ROTA Benefit Issuance Schedule*

FEBRUARY 01, 2021, MON	A-Z Plus OPEN DAY
MARCH 01, 2021	A-Z PLUS OPEN DAY

### *TINIAN Benefit Issuance Schedule*

FEB. 02, 2021 TUE	Manamko, Special Clients, Pregnant
FEB 03, 2021 WED	A-L
FEB. 04, 2021 THU	M-Z
MAR 02, 2021 TUE	Manamko, Special Clients, Pregnant
MAR 03, 2021, WED	A-L
MAR 04, 2021. THU	M-Z

## OTHER VITAL INFORMATIONS

### NAP CONTACT NOS.

Administration	237-2842
FAX	237-2843 664-2850
Accounting	237-2851-3
Benefit Issuance & Claims Accountability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-9354



### Additional Contact No. for the Caseworkers:

<b>Moises Muna</b>	<b>284-5300</b>
<b>Swingly Ringlen</b>	<b>284-5304</b>
<b>Melvin Sablan</b>	<b>284-5306</b>
<b>Feofaaki (Fave) McMahon</b>	<b>284-5308</b>
<b>Maria C. Lizama</b>	<b>284-5309</b>
<b>George Lisua</b>	<b>284-5307</b>
<b>Raymond Cruz</b>	<b>284-5305</b>
<b>Jennifer Iginioef-Ruben</b>	<b>284-5303</b>
<b>Vanessa Andres</b>	<b>284-5301</b>
<b>Frances Castro</b>	<b>284-5302</b>