



NAD Newsletter

VOLUME 39 NO. 03 APRIL 2021

WHAT IS FIBER AND WHY IS IT IMPORTANT?

What is Fiber?

Often called “roughage” or “bulk”, fiber is a plant-based nutrient that is a type of indigestible carbohydrate, that cannot be broken down into sugar molecules in the blood. This is crucial for people living with diabetes; fiber makes one feel fuller, but the [carbohydrates](#) it's made up of will not affect [blood sugar levels](#), with fiber passing through the digestive system relatively intact.

[Two Kinds of Fiber](#)

1. Soluble fiber: This type of fiber dissolves in water to form a gel-like material. It can help lower blood cholesterol and glucose levels. Soluble fiber is found in oats, peas, beans, apples, citrus fruits, carrots.

2. Insoluble fiber: This type of fiber promotes the movement of material through your digestive system and increases stool bulk, so it can be of benefit to those who struggle with constipation or irregular stools. Whole-wheat flour, wheat bran, nuts, beans and vegetables, such as cauliflower, green beans and potatoes, are sources of insoluble fiber. Why Is Fiber Important?

Fiber is a crucial part of healthy digestion and regularity. Fiber has been proven to help with weight management, blood sugar regulation, and has even been linked with [decreasing one's risk of cancer](#). A meta-analysis of reports studying the relationship between fiber and blood sugar management published in [The Journal of the American Board of Family Medicine](#) found that increased fiber intake may reduce blood sugar levels during a standard (fasting) blood glucose test (in patients with type 2 diabetes).

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In the analysis, increased fiber intake was also linked to [lower HbA1c levels](#) and lower risk of future complications from diabetes.

[These benefits grow the more fiber people eat](#). In a [Lancet review](#) of 185 studies and 58 clinical trials, researchers found that if 1,000 people shifted from a low-fiber diet (under 15 grams per day) to a high-fiber diet (25 to 29 grams per day), they'd prevent 13 deaths and 6 cases of heart disease. How Much Fiber Should One Eat?

[95% of Americans are not eating enough fiber](#), but that's an easy problem to fix. [The average American eats just 16 grams per day](#)—half of the recommended amount: according to the [Institute of Medicine](#), men 50 and younger should aim for 38 grams of fiber per day, and men 51 and older should consume 30 grams. Women 50 and younger should consume 25 grams, while woman 51 and older should consume 21 grams per day.

[Common Sources of Fiber](#)

- Lentils have 16 grams (g) of fiber per cup, cooked
- Berries like raspberries and blackberries, ~7 g per cup
- Apples with the skin on (4.4 g)
- Pears with the skin on (5.5 g)
- Split peas have 16.3 g per cup, cooked
- Black beans have 15 g per cup, cooked
- Lima beans bring in 13.2 g per cup, cooked
- Pearled barley has 6 g per cup, cooked
- Artichokes have 10 g of fiber or more
- Broccoli has 5 g of fiber when boiled

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Kid-Friendly Meatballs



INGREDIENTS

- **Ketchup** 1/2 cup
- **balsamic vinegar** 3 tbsp
- **ground turkey** (93% lean) 1 lbs
- **zucchini** (grated) 1/2
- **carrot(s)** (grated) 1
- **onion(s)** (grated) 1/2
- **garlic** (minced) 1 clove
- **chili powder** 2 tsp
- **black pepper** 1/4 tsp
- **salt** (optional) 1/4 tsp
- **eggs** (slightly beaten) 1
- **old-fashioned rolled oats** (not quick cooking) 1/2 cup
- **Parmesan cheese** 3tbsp

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a small bowl, whisk together the ketchup and vinegar for the sauce.
3. In a medium bowl, mix together remaining ingredients for the meatballs. Shape into 1-inch balls.
4. Place meatballs on a baking sheet and top evenly with sauce (1 1/2 Tsp. per meatball).
5. Bake for 45 minutes or until done.

NUTRITION FACTS

11 Servings **Serving Size 2 Meatballs**

Calories 110

Total Fat 4.5g

Saturated Fat 1.5g

Cholesterol 50mg

Sodium 190mg

Total Carbohydrate 8g

Dietary Fiber 1g

Total Sugars 4g

Protein 10g

Potassium 220mg

<https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home->

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

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

APRIL 2021

APR 01, 2021	THU	Case Record ID ending with '1 & 2'
APR 02, 2021	FRI	HOLIDAY-GOOD FRIDAY
APR 05, 2021	MON	Case Record ID ending with '3 & 4'
APR 06, 2021	TUE	Case Record ID ending with '5 & 6'
APR 07, 2021	WED	Case Record ID ending with '7 & 8'
APR 08, 2021	THU	Case Record ID ending with '9 & 0'

MAY 2021

MAY 03, 2021	MON	Case Record ID ending with '1 & 2'
MAY 04, 2021	TUE	Case Record ID ending with '3 & 4'
MAY 05, 2021	WED	Case Record ID ending with '5 & 6'
MAY 06, 2021	THU	Case Record ID ending with '7 & 8'
MAY 07, 2021	FRI	Case Record ID ending with '9 & 0'

ROTA Benefit Issuance Schedule

APRIL 01, 2021, THU	A-Z Plus OPEN DAY
MAY 03, 2021 MON	A-Z PLUS OPEN DAY

TINIANG Benefit Issuance Schedule

APRIL 01, 2021 THU	Elderly, Special Needs Clients
APRIL 06, 2021 TUE	A-L
APRIL 07, 2021 WED	M-Z
MAY 04, 2021 TUE	Elderly, Special Needs Clients
MAY 05, 2021, WED	A-L
MAY 06, 2021, THU	M-Z

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.

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

1. CAPITOL HILL MARKET
2. DIAMOND WATER
3. PAYLESS SUPER FRESH TRUCKLOAD STORE
4. TIANHONG MARKET
5. SUNSHINE VARIETY SHOP

OTHER VITAL INFORMATIONS

NAP CONTACT NOS.

Administration	237-2842
FAX	237-2843
Website:	664-2850
www.cnminap.gov.mp	
Email:	
support@cnminap.gov.mp	
Accounting	237-2851-3
Benefit Issuance & Claims Account-ability 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	532-4627

Regular exercise can help put you back in control of your life.

If you're not into regular exercise, putting together an exercise plan can be a bummer.

But remember, along with your diet and medications, regular physical activity is an important part of managing diabetes or dealing with prediabetes. Because when you're active, your cells become more sensitive to insulin so it works more effectively. And you just feel better. And look better.

So, however you want to do it—taking regular walks around the block, going for a run, or signing up for a marathon—getting started is the most important part.

Get started. But get started safely.

It doesn't matter where you are physically. If you've never set foot in a gym, that's okay—as long as you start doing something now. If you haven't been very active or are worried about your health, it's important to consult your doctor and start slowly.

Light walking is a great place to start—and a great habit to incorporate into your life. Walk with a loved one or just by yourself while listening to an audio book. Set goals every day and meet them and you'll start feeling like you're back in control of your life. [Learn more about how to get started safely.](#)

<https://diabetes.org/healthy-living/fitness>

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- Turnip greens have 5 g of fiber when boiled Green peas have ~9 g per cup, cooked

In short, fiber is super important for overall health, and is crucial for a healthy diet when living with diabetes. Try to increase your fiber intake incrementally, by adding fruits, vegetables, and beans to your diet, and always consult your doctor if you're on a special diet or have specific questions.

