



NAD Newsletter

VOLUME 39 NO. 05 MAY 2021

Keeping Your Heart Healthy with Diabetes

Why are people with type 1 or type 2 diabetes more at risk for heart disease?

Over time, high blood glucose can damage the blood vessels, putting people with type 1 or type 2 diabetes at a higher risk for atherosclerosis, or "hardening of the arteries."

Atherosclerosis also causes high blood pressure raising the risk for heart attacks, strokes, and other cardiovascular diseases.

Keeping blood glucose in the target range through self-care tasks, such as taking medications, eating balanced meals, and physical activity can prevent this damage to blood vessels and lower your risk of heart disease.

People with diabetes may begin to notice the symptoms of atherosclerosis in their legs or feet. Talk to your doctor if you notice symptoms like leg pain while walking, cold or numb toes, or sores on your legs and feet.

This condition is called peripheral arterial disease (PAD). Doctors diagnose this condition by measuring blood pressure in the ankles and comparing it with a blood pressure measurement taken in the arms.

Is there a way to adopt a heart-healthy eating pattern while enjoying flavorful food?

Healthy eating doesn't mean you have to deprive yourself of food or go hungry. You can start by making small changes to your current eating habits based on your personal goals and preferences.

No single eating pattern is perfect for everyone, but the American Diabetes Association and the American Heart Association offer these recommendations:

- **Eat consistently.** Whether you eat three big meals a day or four to five smaller meals, try to follow roughly the same eating pattern each day. This makes blood glucose management more predictable. Skipping meals to cut calories can leave you feeling overly hungry and cause hypoglycemia, or dangerously low blood sugars. Being overly hungry can also lead to overeating later.

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- **Go lean!** Protein helps you feel fuller and doesn't raise blood sugar as much as carbohydrates. But, high fat animal proteins, particularly red meat, tend to be higher in saturated fat, which can increase your risk of heart disease. Choose lean proteins like chicken or fish, and include more plant-based proteins like beans and tofu in your meal plan.

- **Go fish!** In addition to being a good source of protein, fatty fish like salmon, albacore tuna, trout, and sardines are high in omega-3 fatty acids which are good for heart and brain health. Try to eat 1-2 servings of fish each week.

- **Go nuts!** Unsalted nuts are a great plant-based source of fiber, protein and unsaturated fats. But, they are very calorie dense, so stick to a small one ounce serving, about a palmful.

- **Check labels.** When you're at the store, read the nutrition labels and cut back on foods that are high in saturated fats, sodium and added sugars. Also avoid foods with trans fats. Look for canned or other packaged foods that are "low sodium," "reduced sodium," or "no-salt-added." If you want to know how to understand all the nutrients and ingredients on those labels, read Making Sense of Food Labels.

- **Check your oil.** Plant-based oils like olive, peanut, safflower or corn oils are higher in unsaturated fats and are considered heart healthy. Oils that are solid at room temperature like butter, lard and coconut oil tend to be highest in saturated fat and should be used sparingly.

Use spices and herbs [instead of salt to add zestful flavor](#) to your foods. Having too much sodium in your bloodstream pulls water into your blood vessels. This reaction to sodium increases blood pressure.

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Easy Egg Salad



INGREDIENTS

- **ground black pepper**
 - 1/4 tsp
- **Dijon mustard**
 - 1 tsp
- **light mayonnaise**
 - 1/4 cup
- **[hard-boiled eggs](#)**
 - 6 large
- **celery (diced)**
 - 1 stalks

DIRECTIONS

1. Cut hard boiled eggs in half and remove three of the yolks from the 6 eggs (you should end up with 6 egg whites and 3 egg yolks total). Add to a medium bowl and lightly mash with a fork.
2. Add the remaining ingredients and stir to combine.
3. Store in an airtight container in the refrigerator for up to one week.

NUTRITION FACTS

6 Servings **Calories** **70**

Serving Size 1/3 cup

Total Fat 4.5g

- Saturated Fat 1g
- Trans Fat 0g

Cholesterol 90mg

Sodium 150mg

Total Carbohydrate 2g

- Dietary Fiber 0g
- Total Sugars 1g
- Added Sugars 0g
- **Protein** 5g
- **Potassium** 90mg
- **Phosphorus** 40mg

<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

ROTA Benefit Issuance Schedule

MAY 03, 2021 MON	A-Z PLUS OPEN DAY
JUN 01, 2021 TUE	A-Z PLUS OPEN DAY

TINIAN Benefit Issuance Schedule

MAY 03, 2021 MON	Elderly, Special Needs Clients
MAY 04, 2021, TUE	A-L
MAY 05, 2021. WED	M-Z
JUNE 01, 2021 TUE	Elderly, Special Needs Clients
JUNE 02, 2021 WED	A-L
JUNE 03, 2021 THU	M-Z

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

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'

JUNE 2021

JUN, 01 2021	TUE	Case Record ID ending with '1 & 2'
JUN 02, 2021	WED	Case Record ID ending with '3 & 4'
JUN 03, 2021	THU	Case Record ID ending with '5 & 6'
JUN 04, 2021	FRI	Case Record ID ending with '7 & 8'
JUN 07, 2021	MON	Case Record ID ending with '9 & 0'

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. JOETEN SHOPPING CENTER - SUSUPE
2. MARTHA'S STORE
3. S.T.A.R. MARIANAS
4. LUCKY STORE
5. 3K'S MARKET

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

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- Limit your sodium intake to no more than 2,300 milligrams per day. If you have high blood pressure, your health care team may recommend aiming for 1,500 mg per day to lower your blood pressure even further.
- **When choosing grains**, look for minimally processed whole grains such as brown rice, quinoa, oats, barley, etc. Whole grains are higher in dietary fiber which improves your cholesterol levels. They also help you feel fuller which can help with weight management.
- **Veggies are powerhouses of good nutrition**, and vegetable-rich diets can lower blood pressure. People with type 1 or type 2 diabetes should choose [non-starchy vegetables](#) like green beans, asparagus, peppers, tomatoes, and sprouts.
- **If you want to keep better track of what you're eating**, keeping a food journal may be helpful. You could use an app, like My Fitness Pal, or simple pen and paper to track what you eat throughout the day. You can even use your phone camera to snap photos of your meals and snacks. Talk over your food record with a dietitian or diabetes care and education specialist to see what you can improve and set small goals.
- **Don't go overboard with alcohol**. You may have heard that red wine is good for your heart, but drinking too much alcohol can increase blood pressure and raise your LDL cholesterol. Plus, you may be at higher risk of hypoglycemia (low blood glucose) while you are drinking, especially if you use insulin or glucose-lowering medicines. If you drink, stick with no more than one drink per day for women, or two drinks per day for men. ("one drink" equals 12 ounces of beer, 5 ounces of wine, or 1 ½ ounces of liquor)

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

