



NAD Newsletter

VOLUME 39 NO. 06 JUNE 2021

How Does Food Impact Blood Glucose?

Carbohydrates from food cause blood glucose to rise after meals, but that doesn't mean you have to eliminate carbs from your meals! Carbohydrate foods are also important sources of other nutrients like fiber, vitamins, and minerals, and they provide energy for our body and our brain.

Tips for managing blood glucose while eating carbs

Whether you want to reduce your carb intake or not, doing one or more of these tips can help you manage your blood glucose:

- Choose carbohydrate foods that are high in fiber, like fruits, whole grains, and beans, and pair carb foods with fat and/or protein. Fiber, fat, and protein help slow digestion and absorption of glucose from carb foods, so your blood glucose will rise more slowly after a meal. Eating foods higher in fat and protein before eating carb foods in a meal may also help slow glucose absorption.
- Go on a quick walk or do some other physical activity after a meal. Physical activity helps burn glucose after a meal. Even as little as 5-10 minutes can help lower blood glucose or prevent a spike in blood glucose.
- Eat roughly the same amount of carbs for breakfast, lunch, and dinner each day. Consistency in your eating pattern can make it easier to predict highs and lows in blood glucose, and helps medications manage blood glucose consistently. This tip is especially important if you are using insulin.
- Gather data! Check your blood glucose after eating different carbohydrate foods to see how they impact your blood glucose. Everyone is different, and some foods may impact blood glucose more or less in each person. Cont.. Next column

Experiment with different combinations of food, too, to see what impact that has on your blood glucose. For example, an apple alone may raise blood glucose more than an apple paired with peanut butter, which provides fat and protein. Gathering this data will help you understand how your body responds to different foods so that you can make informed food choices that work for you.

Trying to cut back on carbs? Here are some tips:

If you do want to lower your carb intake, these tips are easy ways to cut back, without sacrificing your favorite foods:

REDUCE

Reduce the portion size of carb foods in your meal. Cutting back on the amount of rice, pasta, or other carb foods in your meal is an easy way to reduce carbs without giving anything up.

The [Diabetes Plate Method](#) is a great visual way to manage portion sizes, without any counting or measuring. Simply limit your portion of carb foods to about one-quarter of your plate.

REMOVE

If a meal includes several carbohydrate foods, remove one. For example, a burrito may include rice, beans, and a tortilla. Leaving out the rice won't impact the flavor, but it will cut down on the carbs. Or, you could ditch the tortilla and make a ["burrito bowl."](#)

REPLACE

If you've reduced or removed carb foods from your meal, you can replace them with lower carb alternatives.

For example:

Replace some or all of the spaghetti in a dish with [zucchini "noodles."](#)

- Replace some or all of the rice in a dish with cauliflower rice.

Replace a carb side dish, like mashed potatoes, corn, or french fries, with a nonstarchy side, like a [small salad](#) or [roasted broccoli](#).

Replace sugary drinks like soda, sweet tea, or juice with water, unsweet tea, or a sugar-free drink.

Beef and Broccoli over Zucchini Noodles



INGREDIENTS

- no-salt-added beef broth 1 cup
- corn starch 1 tbsp
- lower sodium soy sauce 2 tbsp
- garlic (minced) 2 clove
- minced fresh ginger 1 tbsp
- nonstick cooking spray 1
- toasted sesame oil 2 tsp
- medium onion (sliced) 1
- sirloin beef (sliced) 1 lbs
- fresh or frozen broccoli florets 4 cups
- small zucchini (4 cups prepared zucchini noodles) 2
- sesame seeds 2 tbsp

DIRECTIONS

1. In a small bowl, whisk together the broth, corn-starch, soy sauce, garlic, and ginger. Set aside.
2. Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
3. Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
4. Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.
5. Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
6. Stir in sesame seeds and serve.

NUTRITION FACTS

4 Servings **Calories** **250**

Serving Size 2 cup

Total Fat 9g

- **Saturated Fat 2.5g**

- **Trans Fat 0g**

Cholesterol 40mg

Sodium 500mg

Total Carbohydrate 15g

- **Dietary Fiber 5g**

- **Total Sugars 6g**

- **Added Sugars 0g**

- **Protein 29g**

- **Potassium 950mg**

Phosphorus 330mg

https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home-category_id=20

ROTA Benefit Issuance Schedule

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

JUNE 01, 2021 TUE	Elderly,/Special Needs Clients/ A-L
JUN 02, 2021 WED	M-Z
JUNE 03 2021 THU	OPEN DAY
JUL 01 2021 THU	M-Z
JULY 02 2021 FRI	Elderly,/Special Needs Clients/ A-L
JULY 06 2021 TUE	OPEN DAY

TINIAN Benefit Issuance Schedule

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

JUNE 01, 2021 TUE	Elderly, Special Needs Clients
JUNE 02, 2021 WED	A-L
JUNE 03, 2021 THU	M-Z
JULY 01, 2021 THU	Elderly, Special
JULY 02, 2021 FRI	A-L
JULY 06, 2021 TUE	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

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'

JULY 2021

JULY 01, 2021	THU	Case Record ID ending with '1 & 2'
JULY 02, 2021	FRI	Case Record ID ending with '3 & 4'
JULY 06, 2021	TUE	Case Record ID ending with '5 & 6'
JULY 07, 2021	WED	Case Record ID ending with '7 & 8'
JULY 08, 2021	THU	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.

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

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

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

1. BLUE SKY SUPERMARKET
2. NEW C.K. MARKET
3. TOHA SUPERMARKET
4. MING MING SUPERMARKET
5. LUCKY STORE

