



NAD Newsletter

VOLUME 39 NO. 07 JULY 2021

What is the Diabetes Plate Method?

1. Fill half your plate with non-starchy vegetables.

Non-starchy vegetables are lower in carbohydrate, so they do not raise blood sugar very much. They are also high in vitamins, minerals, and fiber, making them an important part of a healthy diet. Filling half your plate with non-starchy vegetables means you will get plenty of servings of these superfoods.

2. Fill one quarter of your plate with lean protein foods

Foods high in protein such as fish, chicken, lean beef, soy products, and cheese are all considered “protein foods.” Proteins foods (especially those from animal sources) usually contain saturated fat, which may increase your risk of heart disease. Lean proteins are lower in fat and saturated fat, making them a healthier choice. Keep in mind that some plant-based protein foods (like beans and legumes) are also high in carbohydrates.

3. Fill one quarter of your plate with carbohydrate foods

Foods that are higher in carbohydrate include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar. Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals

4. Choose water or a low-calorie drink

Water is the best choice because it contains no calories or carbohydrate and has no effect on blood sugar. Other zero-calorie or low-calorie drinks include:



Examples of carbohydrate foods:

Whole grains such as [brown rice](#), [bulgur](#), [oats](#)/[oatmeal](#), polenta, [popcorn](#), [quinoa](#), and whole grain products (bread, [pasta](#), [tortillas](#))
Starchy vegetables such as [acorn squash](#), [butternut squash](#), [green peas](#), [parsnips](#), [plantain](#), [potato](#), [pumpkin](#), and [sweet potato/yam](#); Beans and legumes such as [black](#), [kidney](#), [pinto](#), and [garbanzo beans](#); Fruits and dried fruit;; Dairy products like milk, [yogurt](#), and milk substitutes (i.e. soy milk)

Examples of lean protein foods include:

[Chicken](#), [turkey](#), and [eggs](#)
Fish [salmon](#), [cod](#), [tuna](#), [tilapia](#), or [swordfish](#)
Shellfish like [shrimp](#), [scallops](#), [clams](#), [mussels](#), or [lobster](#)
[Lean beef](#) cuts such as chuck, round, sirloin, flank, or tenderloin
[Lean pork](#) cuts such as center loin chop or tenderloin
Lean deli meats [Cheese](#) and cottage cheese
Plant-based sources of protein: [Beans](#), [lentils](#), [hummus](#), [Beans](#), [lentils](#), [hummus](#), [nuts](#) and [nut butters](#), [Edamame](#), [Tofu](#) and tempeh, Plant-based meat substitutes

Examples of nonstarchy vegetables:

[Asparagus](#)
[Broccoli](#) or [Cauliflower](#)
[Brussels Sprouts](#)
[Cabbage](#) (green, red, napa, bok choy, chinese), [Carrots](#)
[Celery](#), [Cucumber](#), [Eggplant](#)
Leafy greens such as [kale](#), [collards](#), mustard greens, or Swiss Chard
[Mushrooms](#), [Okra](#), [Green beans](#), pea pods, [snow peas](#), and sugar [snap peas](#), [Peppers](#) such as bell peppers and hot peppers, Salad greens such as [lettuce](#), [spinach](#), [arugula](#), [endive](#), and other salad mixes
Squash such as [zucchini](#), [yellow squash](#), [chayote](#), [spaghetti squash](#)
[Tomatoes](#)

Breakfast Egg and Ham Burrito



INGREDIENTS

- Eggs 4
- egg whites 4
- Dash hot pepper sauce 1
- black pepper 1/4 tsp
- cheddar cheese shredded 2 tbsp
- margarine (trans fat-free) 2 tsp
- deli ham (reduced-sodium, chopped, (about 3 ounces)) 4 slice
- onion(s) (diced) 1/4 cup
- green pepper (diced) 1/4 cup
- corn tortillas (heated) 4
- Salsa 4 tsp

DIRECTIONS

1. In a medium bowl, whisk together the eggs, egg whites, hot pepper sauce, black pepper, and cheese.
2. Heat the margarine in a medium non-stick pan over medium heat. Add the ham and sauté for 2-3 minutes. Remove the ham from the pan
3. Add the onions and green peppers to the hot pan, and cook for about 5 minutes. Add the ham back to pan.
4. Reduce the heat to low and add the eggs to pan. Gently stir the eggs with a spoon or spatula and continue lightly cooking over low heat until the eggs are cooked and set.
5. Evenly divide the egg mixture into 4 servings. Spoon each portion of the egg mixture into a tortilla and top each with 1 tsp. salsa. Fold the tortilla to close.

NUTRITION FACTS

4 Servings Calories 200

Serving Size 1 Burrito

Total Fat 8g

- Saturated Fat 2.5g

- Trans Fat 0g

Cholesterol 200mg

Sodium 380mg

Total Carbohydrate 15g

- Dietary Fiber 2g

- Total Sugars 2g

- Added Sugars 0g

- Protein 16g

- Potassium 270mg

Phosphorus 0mg

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

JUL 01 2021 THU	M-Z
JULY 02 2021 FRI	Elderly./Special Needs Clients/ A-L
JULY 06 2021 TUE	OPEN DAY
AUG 02, 2021 MON	Elderly./Special Needs Clients/ A-L
AUG 03, 2021 TUE	M-Z
AUG 04 2021 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

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

JULY 02, 2021 FRI	Elderly, Special
JULY 06, 2021 TUE	A-L
JULY 07, 2021 WED	M-Z
AUG 02, 2021 MON	Elderly, Special Needs Clients
AUG 03, 2021 TUE	A-L
AUG 04, 2021 WED	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

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'

AUGUST 2021

AUG, 02 2021	MON	Case Record ID ending with '1 & 2'
AUG 03, 2021	TUE	Case Record ID ending with '3 & 4'
AUG 04, 2021	WED	Case Record ID ending with '5 & 6'
AUG 05, 2021	THU	Case Record ID ending with '7 & 8'
AUG 06, 2021	FRI	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	237-2812-15
Issuance & Claims Account-ability Unit	237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit	237-2801-6
FAX	237-2870-4
	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. JOETEN Hafa Adai Shopping Center
2. FISHING TACKLE
3. SAIPAN ICE & WATER COMPANY
4. J & J MART (ROTA)
5. HARVEST MART (TINIAN)

