



NAD Newsletter

VOLUME 39 NO. 08 AUGUST 2021

What is the Best Diet for Diabetes?

What do the top-ranked diets have in common?

1. They're not really "diets."

At least not in the modern sense. These diets are not considered temporary regimens to "detox," "reset," or reach a certain goal quickly. They're more like eating patterns that are intended to be permanent.

With the exception of vegan, none of the top-ranked diets cut out certain foods or nutrients, or have strict rules to follow. And none of them require you to count calories or carbs.

2. They focus on plant foods.

All of these patterns encourage eating more plant foods like vegetables, fruits, whole grains, beans, and legumes (the vegan diet goes even further by *only* allowing plant-based foods—it eliminates all animal products, including meat, poultry, fish, eggs, and dairy foods).

Research overwhelmingly supports the benefits of eating more plant-based foods. Plant foods are packed with vitamins, minerals, and antioxidants that are important for general health. They're also the best source for fiber, which helps manage blood glucose.

Essentially, plants are nutrient-dense and low in calories, giving you a lot of bang for your buck!

3. They don't focus on restricting carbs.

You may notice that the list does not include any diets focused on restricting carbs like keto or Atkins. While research shows that *reducing* carb intake can help manage blood glucose, there's not enough evidence to say that people with diabetes need to cut out *all* carbs.

The bigger issue is that very low carb diets can also be hard to stick with in the long run. It may be easier to start by focusing on the quality of carbs, monitoring your portions, and following a flexible healthy eating pattern for long-term benefits.

4. They're not "fads."

The most successful patterns have all been around for a long time. The Mediterranean diet may seem like a new fad, but it's based on the way people in the Mediterranean region have been eating for *centuries*. The "Flexitarian diet" may also sound fancy and new, but many people already eat this way, whether they're trying to or not.

Veganism has also been around for a long time, and some people choose to eat this way for ethical or environmental reasons as well as health reasons.

5. They're backed by science.

All of the top-ranked diets have been extensively researched and have a mountain of scientific evidence backing them up. DASH and Mayo clinic diets were developed by respected, evidence-based institutions. Mediterranean, vegan, and "flexitarian" eating patterns have been around for a long time, but they are getting trendier as more and more research shows their health benefits.

BOTTOM LINE

You don't have to follow a certain "diet" to manage diabetes. Work towards a healthy eating pattern that fits your lifestyle and preferences. Here are some tips to help you get started:

- Eat plenty of vegetables (especially nonstarchy vegetables that are low in calories and carbs).

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Apple Mustard Pork Chops



INGREDIENTS

- **pork chops** (bone-in, about 1/2 inch thick) 4
- **shallots** (finely minced) 1
- **garlic** (finely minced) 2 clove
- **olive oil** 2 tbsp
- **coarse Dijon mustard** 2 tbsp
- **apple juice** (no sugar added) 1/2 cup
- **fresh thyme** (finely minced) 1 tsp
- **black pepper** 1/4 tsp
- **Salt** 1/8 tsp

DIRECTIONS

1. Trim the pork chops of excess fat.
2. Add the rest of the ingredients to a large bowl or zip-top bag. Add the pork chops and turn to coat. Let the pork chops marinate for 6 to 8 hours or overnight in the refrigerator.
3. Remove the pork chops from the marinade, and add the excess marinade to a small saucepan. Set the marinade aside.
4. Coat a grill rack from an outdoor gas grill with cooking spray and set it 6 inches from the heat source. Preheat the grill to medium heat.
5. Add the pork chops to the grill, and sear on each side for about 3 minutes. Then cover the grill and cook for about 15 minutes until the chops register degrees on an instant-read thermometer. Remove the chops from the grill and let them rest for a few minutes (to retain the juices) before serving.
6. Heat the excess marinade on medium-high heat for 2 minutes. Serve the heated marinade over the pork chops.

NUTRITION FACTS

4 Servings **Calories** **230**

Serving Size 1 Chop

Total Fat 13g

- **Saturated Fat 3g**
- **Trans Fat 0g**

Cholesterol 60mg

Sodium 290mg

Total Carbohydrate 7g

- **Dietary Fiber 1g**
- **Total Sugars 4g**
- **Added Sugars 0g**
- **Protein 21g**
- **Potassium 330mg**
- **Phosphorus 140mg**

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

ROTA Benefit Issuance Schedule

SAIPAN Benefit Issuance Schedule (8AM-3PM)

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

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

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

<i>AUGUST 2021</i>		
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'

<i>TINIAN Benefit Issuance Schedule</i>	
Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays	
AUG. 02, 2021 MON	Elderly, Special Needs Clients
AUG. 03, 2021 TUE	A-L
AUG. 04, 2021 WED	M-Z
SEPT. 01, 2021 WED	Elderly, Special
SEPT. 02, 2021 THU	A-L
SEPT. 03, 2021 FRI	M-Z

<i>SEPTEMBER 2021</i>		
SEPT. 01, 2021	WED	Case Record ID ending with '1 & 2'
SEPT. 02, 2021	THU	Case Record ID ending with '3 & 4'
SEPT. 03, 2021	FRI	Case Record ID ending with '5 & 6'
SEPT. 07, 2021	TUE	Case Record ID ending with '7 & 8'
SEPT. 08, 2021	WED	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

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- Choose whole foods over processed foods. One way to do this is by preparing more meals at home.
- Reduce added sugar. Limit sugary foods like sodas, candies, and sweets. Check nutrition facts labels for added sugar in packaged foods.
- Choose proper portion sizes. The Diabetes Plate Method is a quick and easy way to build balanced meals with proper portions. Remember, any time that you're making changes to your medication, eating, or exercise be sure to have a conversation with your health care team. A Registered Dietitian Nutritionist (RDN), or a Certified Diabetes Care and Education Specialist (CDE or CDCES) can help you develop a healthy eating plan that fits your need

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

1. NEW FAMILY DISCOUNT MARKET
2. NEW XO MARKET
3. HAN NAM SUPERMARKET
4. NEW DOWNTOWN MARKET
5. LUCKY STORE II MART (ROTA)
6. U-SAVE MARKET (TINIAN)

