



NAD Newsletter

VOLUME 39 NO. 09 SEPTEMBER 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.

There's no set number of carbs that everyone with diabetes should eat. The eating plan and carb amount that works for you will depend on your gender, activity level, and blood glucose management plan, among other things. It will also depend on your current eating habits, food preferences, and budget. Depending on your current eating habits, making some adjustments to your carb intake may help with blood glucose management. But, there's no need to make drastic changes to your diet all at once, and you don't have to eat foods you don't like! We encourage you to work with a Registered Dietitian (RD/RDN) or Diabetes Care and Education Specialist (CDE/CDCES) to determine what amount of carbs is right for you, and come up with a meal plan that meets your unique needs.

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. help slow glucose 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. 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.

Easy Egg Salad



INGREDIENTS

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

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 Chop

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-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

SEPTEMBER 2021

SEPT. 01 2021 WED	M-Z
SEPT. 02 2021 THU	Elderly./Special Needs Clients/ A-L
SEPT. 03 2021 FRI	OPEN DAY
OCT. 01, 2021 FRI	Elderly./Special Needs Clients/ A-L
OCT. 04, 2021 MON	M-Z
OCT. 05, 2021 TUE	OPEN DAY

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'

OCTOBER 2021

OCT. 01, 2021	FRI	Case Record ID ending with '1 & 2'
OCT. 04, 2021	MON	Case Record ID ending with '3 & 4'
OCT. 05, 2021	TUE	Case Record ID ending with '5 & 6'
OCT. 06, 2021	WED	Case Record ID ending with '7 & 8'
OCT. 07, 2021	THU	Case Record ID ending with '9 & 0'

TINIAN Benefit Issuance Schedule

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

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.

SEPT. 01, 2021 WED	Elderly, Special Needs Clients
SEPT. 02, 2021 THU	A-L
SEPT. 03, 2021 FRI	M-Z
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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

If you're counting carbs, here are portion sizes of some common foods that all equal about 15 grams of carbohydrate:

- 1 oz bread product: 1 slice, 1 small dinner roll, ½ small (6-inch) pita, small (6-inch) tortilla
- 1/2 cup cooked cereal like oatmeal or grits
- 1/2 cup starchy vegetable like potatoes, corn, or winter squash
- 3 oz baked potato or sweet potato (about 1/4 large potato)
- 1/3 cup plantain or cassava
- 1/3 cup cooked grains like rice, quinoa, barley, millet
- 1/3 cup pasta (any shape)
- 1/2 cup cooked beans, peas, or lentils
- 3 cups popcorn
- 1/2 cup fresh, canned, or frozen fruit (unsweetened)
- 1 small fruit (about the size of a tennis ball) or 1/2 of a larger fruit
- 2 tbsp dried fruit



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)