



# NAD Newsletter

VOLUME 39 NO.10 OCTOBER 2021

## Carb-Conscious Meal Makeovers

Getting a diagnosis of diabetes or prediabetes does not mean that you have to remove all carbohydrate foods from your diet! Depending on your current eating habits, reducing your carb intake, or making some smart swaps, may help manage your blood glucose without cutting out your favorite foods.

### Tips for lowering carbs in meals:

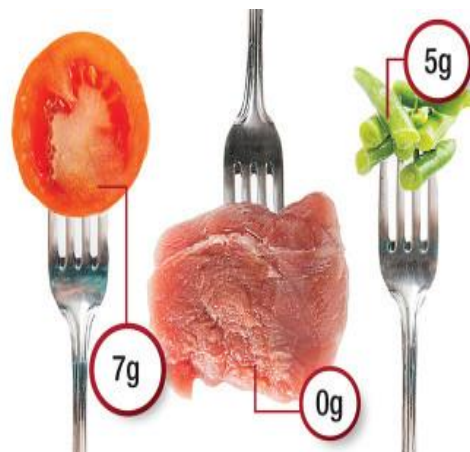
**REDUCE:** Cut back on the portion size of carb foods in your meal. For example, if you usually have 1 cup of rice with a meal, reduce the serving size to  $\frac{1}{2}$  cup.

**REMOVE:** If a meal includes several carbohydrate foods, remove one. For example, a burrito may include rice, beans, and a tortilla—you could remove one of those (whichever one you'll miss the least!)

**REPLACE:** If you reduce or remove carb foods from your meal, you can replace them with a lower carb food, like nonstarchy vegetables.

**RETHINK your drink:** Drinks like juice, sweet tea, soda, and milk all contain carbs. Depending on how many carbs are on your plate, you may want to replace sugary drinks with water as often as possible.

Carb counting is a meal-planning method that can help people with diabetes manage their blood glucose levels. If you have prediabetes or type 2 diabetes, carb counting can help you manage your blood glucose level and feel your best, whether or not you take any diabetes medications. If you have type 1 diabetes, carb counting can help you match your mealtime insulin dosage to the amount of carbs you are eating. Overall, carb counting can be a great tool, but it may not be for everyone. It takes a lot of work to find out how many carbs are in different foods, and you have to be diligent in keeping track of what you're eating and adding up the carbs. Read on to learn more about what carb counting is and whether or not it's right for you.



# Easy Egg Salad



## INGREDIENTS

- **garlic** (minced or grated) 1 clove
- **olive oil** 1 tbsp
- **ground black pepper** 1/2 tsp
- **corn starch** 2 tsp
- **frozen stir-fry vegetables** 1 14-oz bag
- **lower sodium soy sauce** 2 tbsp
- **cooked chicken** (shredded) 1 1/2 cup
- **low sodium chicken broth** 1 cup

## DIRECTIONS

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.
4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.

## NUTRITION FACTS

4 Servings **Size 1 1/2 cups**

**Calories 180**

**Total Fat 8g**

- Saturated Fat 1.5g
- Trans Fat 0g
- **Cholesterol** 45mg
- **Sodium** 380mg
- **Total Carbohydrate** 9g
- Dietary Fiber 2g
- Total Sugars 3g
- Added Sugars 0g
- **Protein** 18g
- **Potassium** 530mg
- **Phosphorus** 200mg

[https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home-category\\_id=20](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

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

<b><i>OCTOBER 2021</i></b>		
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'

<b><i>NOVEMBER 2021</i></b>		
NOV. 01, 2021	MON	Case Record ID ending with '1 & 2'
NOV. 02, 2021	TUE	Case Record ID ending with '3 & 4'
NOV. 03, 2021	WED	Case Record ID ending with '5 & 6'
NOV. 05, 2021	FRI	Case Record ID ending with '7 & 8'
NOV. 08, 2021	MON	Case Record ID ending with '9 & 0'

### ***TINIAN Benefit Issuance Schedule***

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

OCT. 01, 2021 FRI	Elderly, Special Needs Clients
OCT. 04, 2021 MON	A-L
OCT. 05, 2021 TUE	M-Z
NOV. 01, 2021 MON	Elderly, Special Needs Clients
NOV. 02, 2021 TUE	A-L
NOV. 03, 2021 WED	M-Z

### **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](http://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

**What’s in Season? Tomatoes!**

Tomatoes have been the subject of one of the world’s greatest debates. Are they fruits or vegetables? While technically classified as a fruit (a seed-bearing structure that develops from the fruit of a plant), tomatoes are considered a vegetable in modern cuisines because of its use in salads and savory dishes. Tomatoes, when perfectly ripe, are juicy, sweet, and great additions to any meal or snack. They’re great by themselves, too, sliced with just a sprinkle of salt!

Plentiful during the summer months, tomatoes grow on vines and are at their freshest from May through October. Tomatoes come in thousands of varieties of all sorts of colors and shapes, the smallest being the grape tomato and the largest being the beefsteak tomato. Heirloom tomatoes have been popular lately due to their unique colors and shapes, and their intense tomato flavor. Heirloom tomatoes grow from seeds passed down from generation to generation, and over the years have developed natural resistance to insects and diseases.

When choosing tomatoes at the grocery store, look for slightly firm tomatoes with a rich red color. If you purchase pale red tomatoes, be sure to let them sit on the counter for a few days for them to ripen before eating. Ripe tomatoes will have a gentle give when squeezed. Never store tomatoes in the fridge—cold temperatures will significantly alter the flavor and texture of the tomato. Store tomatoes at room temperature on your kitchen counter, away from direct sunlight.



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

1. LUCKY DE MART II
2. X.K. MARKET
3. TENDA SUPERMARKET
4. MING MING SUPERMARKET
5. 3K’S MARKET