



NAD Newsletter

VOLUME 40 NO. 02 FEBRUARY 2022

What are Sugar Alcohols?

Blue, pink, yellow, green, orange—there is a whole rainbow of colors for sugar substitutes offered today. The term “sugar substitutes” refers to high intensity sweeteners, artificial sweeteners, non-nutritive sweeteners, and other low-calorie sweeteners. Then there are sugar alcohols, such as erythritol, xylitol, and mannitol. Sugar alcohols are becoming more popular as “keto-friendly” sweeteners. But what are they? And are they a good option for people with diabetes?

What Are Sugar Alcohols?

Most sugar substitutes taste much sweeter than sugar. Since they are so sweet, only a tiny amount is needed to give the same sweetness of sugar, with almost no calories. Unlike other “high-intensity” sweeteners, sugar alcohols are less sweet than sugar, but they have fewer calories per gram, making them a “low-calorie” sweetener. Don’t let the word “alcohol” confuse you, sugar alcohols are not the same as the alcohol that causes you to “get a buzz.” The word “alcohol,” in this case, is talking about to the shape of the molecule – so don’t worry, it’s just a chemistry thing.

How Are Sugar Alcohols Used?

Sugar alcohols are not usually used in home cooking or in packets at the coffee counter, but they can be found in many “sugar free” foods including chewing gum, candy, ice cream, and fruit spreads. They are also often used as a sweetener in toothpaste, mouthwash, and cough drops. Products labelled “diet,” “sugar-free,” or “no sugar added” can also have sugar alcohols in the ingredients. If a product has sugar alcohols, you will see “Sugar Alcohol” listed under Total Carbohydrates on the Nutrition Facts label. You can then scan the ingredient list to see which sugar alcohols were added. them in the ingredient list).

Common sugar alcohols that you may find are xylitol, erythritol, sorbitol, and maltitol (they usually end in the letters –ol, as does sugar “alcohol”, which can be helpful to quickly spot them in the ingredient list).

Do Sugar Alcohols Raise Blood Sugar?

Sugar Alcohols are a type of carbohydrate, and they can raise blood sugar. As you’ll notice in the Nutrition Facts label to the right, “sugar-free” foods that contain sugar alcohols are not carbohydrate- or calorie-free! However, sugar alcohols are processed by the body in a different way than other carbohydrates, and some may raise your blood sugar by a little while others may not increase it at all. For example, erythritol is a type of sugar alcohol that may not increase your blood sugar. For this reason, it has become very popular as an ingredient in low-carb “keto” foods. Erythritol can even be found in some stores and can be used for home cooking, so you may also see it as an ingredient in low-carb dessert recipes.

What Might Sugar Alcohols Do in Other Parts of The Body?

Unlike regular sugar, sugar alcohols do not promote cavities. As a matter of fact, xylitol, a type of sugar alcohol seen in sugar-free chewing gum, may help prevent cavities. Many sugar alcohols can cause gas, bloating, and stomach aches, especially when eaten in large amounts, and some people may be more sensitive to this effect than others. If you have an upset stomach when eating “sugar-free” or other foods sweetened with sugar alcohols, read the ingredients to see what kind of sugar alcohol is in the product. You may want to avoid foods that have that type of sugar alcohol, or cut back on how much you eat in one sitting.

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Herb-Rubbed Pork Tenderloin



DIRECTIONS

1. Combine rosemary, thyme, basil, parsley, and black pepper in a small bowl. Add mustard and garlic and mix well. Rub herb mixture over the pork tenderloins evenly. Cover the tenderloins and let rest in the refrigerator for at least two hours.
2. Preheat oven to 400° F.
3. Heat the oil in a large skillet over medium-high heat. Place the tenderloins in the oil and brown on all sides. Remove from the skillet and place them in a baking dish with plenty of space so they aren't touching.
4. Bake the tenderloins for 20 minutes or until meat thermometer registers 160° F (medium) to 170° F (well done). Allow the tenderloins to rest for 10 to 15 minutes before carving to allow the juices to distribute throughout the meat.

INGREDIENTS

- dried rosemary 1 tsp
- dried thyme 1 tsp
- dried parsley 1 tsp
- black pepper 2 tsp
- garlic (finely minced) 2 clove
- Dijon mustard 2 tbsp
- pork tenderloin 2 tenderloins (about 24 oz total)
- vegetable oil 1 1/2 tbs

NUTRITION FACTS

7 Servings
Serving Size 3 OZ

Calories 165

Total Fat 7g

- Saturated Fat 1.5g
- Trans Fat 0g
- **Cholesterol** 65mg
- **Sodium** 140mg
- **Total Carbohydrate** 1g
- Dietary Fiber 0g
- Total Sugars 0g
- Added Sugars 0g
- **Protein** 24g
- **Potassium** 400mg
- **Phosphorus** 250mg

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

FEB . 01 2022 TUE	Elderly./Special Needs Clients/ A-L
FEB. 02, 2022 WED	M-Z
FEB. 03, 2022 THUR	OPEN DAY
MAR. 01, 2022 TUE	M-Z
MAR. 02, 2022 WED	Elderly./Special Needs Clients/ A-L
MAR. 03, 2022 THU	OPEN DAY

<i>FEBRUARY 2022</i>		
FEB. 01, 2022	TUE	Case Record ID ending with '1 & 2'
FEB. 02, 2022	WED	Case Record ID ending with '3 & 4'
FEB. 03, 2022	THU	Case Record ID ending with '5 & 6'
FEB. 04, 2022	FRI	Case Record ID ending with '7 & 8'
FEB. 07, 2022	MON	Case Record ID ending with '9 & 0'

<i>MARCH 2022</i>		
MAR. 01, 2022	TUE	Case Record ID ending with '1 & 2'
MAR. 02, 2022	WED	Case Record ID ending with '3 & 4'
MAR. 03, 2022	THU	Case Record ID ending with '5 & 6'
MAR. 04, 2022	FRI	Case Record ID ending with '7 & 8'
MAR. 07, 2022	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

FEB. 01, 2022 TUE	Elderly, Special Needs Clients
FEB. 02, 2022 WED	A-L
FEB. 03, 2022 THU	M-Z
MAR. 01, 2022 TUE	Elderly, Special Needs Clients
MAR. 02, 2022 WED	A-L
MAR 03, 2022 THU	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

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

1. JOETEN SHOPPING CENTER - SUSUPE DIAMOND WATER
2. FRIENDLY MARKET
3. TINIAN ICE & WATER BOTTLING CO.
4. SINAPALO SAFEWAY
5. LUCKY STAR MARKET

NAP CONTACT NOS.

Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
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
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-4627

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BOTTOM LINE

Sugar alcohols are safe to eat and may be a good option for people with diabetes. However, they can cause stomach issues when eaten in large amounts, and some sugar alcohols can raise blood sugar.

“Sugar-free” does not mean carbohydrate-free! Read the label to see the carbohydrate content of sugar-free foods.

Sugar-free foods can fit in your eating plan as long as you count the carbohydrate. Check blood sugar 1 ½- 2 hours after eating a food with sugar alcohols to see how your blood sugar changes.

As always, your dietitian or diabetes health-care team can help you decide if including any type of sugar substitutes in your eating plan is the best choice for you.

ami Ross is a registered dietitian, certified diabetes educator, and nationally recognized speaker, consultant, and health and nutrition writer. She is author of the best-selling book, What Do I Eat Now?. You can follow Tami on Twitter @tamirossrd or visit her website, www.tamirossrd.com

