



NAD Newsletter

VOLUME 40 NO. 04 APRIL 2022

Can people with diabetes drink beer?

Is it safe to drink with diabetes?

People with diabetes do not need to cut alcohol out of their diet. As a matter of fact, many studies have suggested that light drinking (no more than one to two drinks a day) may be beneficial to diabetes, including a recent study from China that's been in the news. However, there are some important safety considerations for people with diabetes. Alcohol competes with your liver's ability to make glucose when your blood sugar is low. If you are on insulin or other anti-hyperglycemic medications, this can lead to dangerously low blood sugar up to 24 hours after you stop drinking. Alcohol can also cloud your judgement, so you may not realize that your blood sugar is low. To prevent hypoglycemia, don't drink on an empty stomach. Make sure you have food handy while you are drinking and keep an eye on your blood sugar.

How much is too much?

Alcohol consumption recommendations are the same for people with diabetes as the rest of the population: no more than one drink a day for women and up to two drinks a day for men. "Binge drinking" or drinking more than four drinks (for women) or five drinks (for men) within two hours, is strongly discouraged for health and safety reasons. If you are at a sporting event and plan to drink over several hours, pace yourself and don't overindulge. A good rule of thumb is to have no more than one drink per hour, and no more than three (for women) or four (for men) drinks in a day. And remember to drink plenty of water to stay hydrated!

When it comes to beer, one drink is 12 ounces, or one can or bottle of beer. But remember, some cans and bottles might be more than 12 ounces. For example, large 24-ounce cans are common at many sports stadiums; these would count as two drinks, not one! If you are pregnant or underage, you should not drink any alcohol. Talk to your doctor if you have

other medical conditions like liver or kidney disease, or if you are on any medications.

Is beer high in carbs?

Beer is typically higher in carbs than other alcoholic drinks like wine or liquor. But the carb content of beers can vary widely depending on the type of beer. "Light" beers have the least carbs, usually 5 or less grams per serving. They are also lower in alcohol content. So if you know you're going to have more than one beer while you're watching a game, stick with light beers. Hoppy craft beers like IPAs and stouts tend to be much higher in carbs, usually 15 grams or more per serving. They also tend to be higher in calories and alcohol, so it's best to stick with just one serving. Beer cans and bottles do not typically come with a nutrition facts label, so it can be hard to know how many calories and carbs are in a serving. You can find nutrition information for some of the major beer brands on websites like www.calorieking.com.

BOTTOM LINE

Moderate alcohol consumption (no more than one to two drinks per day) is perfectly safe for most people with diabetes. To avoid hypoglycemia, don't drink on an empty stomach and check your blood sugar often while drinking and up to 24 hours after you stop drinking. If you are planning to drink beer during a sporting event or other occasion, here are a few tips to remember: One serving of beer is 12 ounces. Choose "light" beers—they are lowest in carbs, calories, and alcohol. Pace yourself—don't have more than one drink per hour, and limit yourself to no more than three or four drinks for the day.

Budget-Friendly Braised Chicken Thighs with Mushrooms



INGREDIENTS

- olive oil 1 tbsp
- **boneless, skinless chicken thighs** (boneless, skinless) 1 lbs
- **margarine** (trans-fat-free) 1 tsp
- **onion(s)** (finely diced) 1/2
- **sliced mushrooms** (sliced) 8 oz
- **balsamic vinegar** 3 tbsp
- **low sodium chicken broth** 1 1/2 cup

DIRECTIONS

1. Heat oil in a large Dutch oven over medium-high heat.
2. Add chicken thighs and sauté for 3 minutes per side. Remove from pan and set aside.
3. Add margarine to pan and melt. Add onion and sauté for 2 minutes. Add mushrooms and sauté for 3-5 minutes until liquid is released; stirring frequently.
4. Add balsamic vinegar to pan and cook with mushrooms for 1 minute. Add chicken thighs back to pan and place mushrooms on top of chicken. Pour chicken broth into pan.
5. Bring the chicken broth to a boil. Reduce the heat to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

NUTRITION FACTS

4 Servings

Serving Size 1 CHICKEN THIGH WITH 1/4 CUP MUSHROOM

Calories 210

Total Fat 11g

- Saturated Fat 2.5g
- Trans Fat 0g
- **Cholesterol 105mg**
- **Sodium 130mg**
- **Total Carbohydrate 6g**
- Dietary Fiber 1g
- Total Sugars 4g
- Added Sugars 0g
- **Protein 22g**
- **Potassium 510mg**
- **Phosphorus 250mg**

https://www.diabetesfoodhub.org/recipes/budget-friendly-braised-chicken-thighs-with-mushrooms.html?home-category_id=29

ROTA Benefit Issuance Schedule

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

APR . 01 2022 FRI	Elderly./Special Needs Clients/ A-L
APR. 04, 2022 MON	M-Z
APR. 05, 2022 TUE	OPEN DAY
MAY. 02, 2022 MON	M-Z
MAY. 03, 2022 TUE	Elderly./Special Needs Clients/ A-L
MAY. 04, 2022 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

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

APR 01, 2022 FRI	Elderly, Special Needs Clients
APR. 04, 2022 MON	A-L
APR. 05, 2022 TUE	M-Z
MAY. 02, 2022 MON	Elderly, Special Needs Clients
MAY. 03, 2022 TUE	A-L
MAY 04, 2022 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

APRIL 2022

APR. 01, 2022	FRI	Case Record ID ending with '1 & 2'
APR 04, 2022	MON	Case Record ID ending with '3 & 4'
APR. 05, 2022	TUE	Case Record ID ending with '5 & 6'
APR. 06, 2022	WED	Case Record ID ending with '7 & 8'
APR. 07, 2022	THU	Case Record ID ending with '9 & 0'

MAY 2022

MAY 02, 2022	MON	Case Record ID ending with '1 & 2'
MAY. 03, 2022	TUE	Case Record ID ending with '3 & 4'
MAY. 04, 2022	WED	Case Record ID ending with '5 & 6'
MAY. 05, 2022	THU	Case Record ID ending with '7 & 8'
MAY. 06, 2022	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

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

1. CAPITOL HILL MARKET
2. HIMAWARI BAKERY
3. GOLD RIBBON BAKERY
4. JOETEN KAGMAN
5. 3K'S MARKET
6. 3 KINGS MARKET TOO!

NAP CONTACT NOS.

Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
	237-2842
Administration	237-2843
FAX	664-2850
Website:	
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



NUTRITION ASSISTANCE PROGRAM

INCOME THRESHOLD AND MAXIMUM ALLOTMENT				
HH SIZE	INCOME	SAIPAN	TINIAN	ROTA
1	\$1,396	\$369	\$390	\$449
2	\$1,888	\$677	\$715	\$823
3	\$2,379	\$969	\$1,024	\$1,179
4	\$2,871	\$1,231	\$1,301	\$1,498
5	\$3,363	\$1,462	\$1,544	\$1,779
6	\$3,855	\$1,754	\$1,853	\$2,134
7	\$4,347	\$1,939	\$2,048	\$2,358
8	\$4,839	\$2,216	\$2,341	\$2,695
9	\$5,331	\$2,493	\$2,634	\$3,032
10	\$5,823	\$2,770	\$2,927	\$3,369
11	\$6,315	\$3,047	\$3,220	\$3,706
12	\$6,807	\$3,324	\$3,513	\$4,043
13	\$7,299	\$3,601	\$3,806	\$4,380
14	\$7,791	\$3,878	\$4,099	\$4,717
15	\$8,283	\$4,155	\$4,392	\$5,054
<i>Effective October 1, 2021</i>				

