



NAD Newsletter

VOLUME 40 NO. 05 MAY 2022

Trying to cut back on carbs? Here are some tips

If you do want to lower your carb intake, these tips are easy ways to cut back, without sacrificing your favorite foods:

REDUCE

Reduce the portion size of carb foods in your meal. Cutting back on the amount of rice, pasta, or other carb foods in your meal is an easy way to reduce carbs without giving anything up. The Diabetes Plate Method is a great visual way to manage portion sizes, without any counting or measuring. Simply limit your portion of carb foods to about one-quarter of your plate.

REMOVE

If a meal includes several carbohydrate foods, remove one. For example, a burrito may include rice, beans, and a tortilla. Leaving out the rice won't impact the flavor, but it will cut down on the carbs. Or, you could ditch the tortilla and make a "burrito bowl."

REPLACE

If you've reduced or removed carb foods from your meal, you can replace them with lower carb alternatives.

For example:

Replace some or all of the spaghetti in a dish with zucchini "noodles".

- Replace some or all of the rice in a dish with cauliflower rice.

Replace a carb side dish, like mashed potatoes, corn, or french fries, with a nonstarchy side, like a small salad or roasted broccoli.

Replace sugary drinks like soda, sweet tea, or juice with water, unsweet tea, or a sugar-free drink

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

Shrimp Saganaki



INGREDIENTS

1. Heat the olive oil in a large skillet over medium-high heat. Add the onion, garlic, and red pepper flakes, and cook for about 5 minutes, or until onion is soft.
2. Add the shrimp, tomatoes, olives, stock, and oregano, and cook for 3–5 minutes, stirring occasionally, until shrimp are pink and almost completely opaque. Add the dill, parsley, and feta, and cook for 1–2 minutes to heat through.
3. Remove skillet from the heat. Season with the salt and pepper and serve hot.

DIRECTIONS

- extra virgin olive oil 1 tbsp
- yellow onions (thinly sliced) 3/4 cup
- garlic (thinly sliced) 1 clove
- crushed red pepper flakes 1/2 tsp
- U16–20 shrimp (peeled and deveined 1 lbs
- grape or cherry tomatoes (halved) 1 cup
- Kalamata olives (pitted, rinsed) 1/4 cup
- low sodium vegetable broth 1/2 cup
- fresh oregano (chopped) 1 tbsp
- fresh dill (chopped) 1 tbsp
- fresh flat-leaf parsley (chopped) 1 tbsp
- feta cheese (reduced-fat, crumbled) 2 oz
- fine sea salt 1/8 tsp
- freshly ground black pepper 1/4 tsp

NUTRITION FACTS

4 Servings

Serving Size 4-5 SHRIMP

1/2 SAUCE AND 1/2 OZ CHEESE

Calories 170

Total Fat 8g

- Saturated Fat 2.5g
- Trans Fat 0g
- **Cholesterol** 125mg
- **Sodium** 420mg
- **Total Carbohydrate** 6g
- Dietary Fiber 2g
- Total Sugars 2g
- Added Sugars 0g
- **Protein** 19g
- **Potassium** 350mg
- **Phosphorus** 230mg

https://www.diabetesfoodhub.org/recipes/shrimp-saganaki.html?home-category_id=1

ROTA Benefit Issuance Schedule

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

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

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

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'
JUNE 2022		
JUN. 01, 2022	WED	Case Record ID ending with '1 & 2'
JUN. 02, 2022	THU	Case Record ID ending with '3 & 4'
JUN. 03, 2022	FRI	Case Record ID ending with '5 & 6'
JUN. 06, 2022	MON	Case Record ID ending with '7 & 8'
JUN. 07, 2022	TUE	Case Record ID ending with '9 & 0'

TINIAN Benefit Issuance Schedule

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

MAY. 02, 2022 MON	Elderly, Special Needs Clients
MAY. 03, 2022 TUE	A-L
MAY 04, 2022 WED	M-Z
JUN 01, 2022 WED	Elderly, Special Needs Clients
JUN. 02, 2022 THU	A-L
JUN. 03, 2022 FRI	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. SAN ROQUE MARKET
2. BLUE SKY SUPERMARKET
3. BROTHER'S MARKET
4. SAIPAN FRESH MARKET
5. CHALAN PIAO SUPERMARKET
6. J & J MART TINIAN
7. JOETEN ACE HARDWARE (ROTA)

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	
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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>				

