



NAD Newsletter

VOLUME 40 NO. 06 JUNE 2022

High Blood Sugar and Hunger

Hunger and cravings are a frustrating side-effect of high blood sugar levels. It can also be confusing: if there's so much excess sugar in your bloodstream, why are your body and your brain craving more food? Here, we'll look at why high blood sugars often come with cravings and what you can do about it.

Why do you crave food when your blood sugar is high?

Without enough insulin, your blood sugar rises above "normal" levels. Blood sugars above 140 mg/dL are considered high—also known as hyperglycemia. The higher your blood sugar rises, the louder those cravings and hunger pangs might become. While you'd think your body and your brain ought to be satisfied by the excess sugar in your bloodstream, it's not that simple.

Without enough insulin, your brain cannot make use of that sugar. Since the brain relies on a second-by-second delivery of sugar for fuel—and your brain doesn't know you have diabetes—it's going to cue cravings and hunger to encourage you to eat.

This can be a frustrating and vicious cycle for a person with diabetes because the more you eat, the higher your blood sugar will rise if you don't have enough insulin or other medications to help you stay in your goal range.

This is also a perfect example of why it's so important to check your blood sugar frequently throughout the day: you might not know your hunger cravings are caused by high blood sugars if you don't know your blood sugar is high.

Instead of instantly giving in to those hunger cravings, this is where you, the person with diabetes, must pause for a moment and think about whether you really need more food or whether you need to focus on getting your blood sugar down to your target range.

First, find solutions to reduce and prevent high blood sugar levels.

If you're experiencing frequent high blood sugars (and the cravings that come with them), it's a clear sign that your body needs more support.

CONT... NEXT COLUMN

Talk to your doctor about these potential adjustments to your diabetes management routine to help you achieve your blood sugar goals:

- Making lifestyle changes around food/beverages and physical activity levels
- Adjusting the dose(s) of your current insulin regimen
- Adjusting the dose(s) of your current non-insulin diabetes medications
- Starting (or changing to) a new non-insulin diabetes medication
- Starting insulin therapy

What should you eat when your blood sugar is high?

If you are going to eat a snack or meal when your blood sugar is high, you'll want to focus on whole food low-carb choices—and plenty of water.

Yes, water! Water will help keep you hydrated while you work to lower your blood sugar. Dehydration can cause the sugar in your blood to become concentrated, so drinking plenty of water—especially when you're already high—is important!

Choosing low-carb foods can be helpful because they won't add more "fuel to the fire" and cause your blood sugar to rise significantly higher.

While insulin is necessary to help the body use any food we eat for fuel, foods with high carbohydrates (including starches, sugars, grains, fruits, etc.) raise blood sugar levels significantly more than low-carb choices.

Lower-carb choices include:

- Non-starchy vegetables: salad greens, broccoli, cauliflower, carrots, green pepper, green beans, etc.
- Protein and fat sources: cheese, lean protein (sliced ham, chicken, turkey), cottage cheese, nuts, nut butter, etc.
- Low-glycemic fruits: raspberries, strawberries, blueberries

Examples of low-carb snacks:

- Celery and hummus
- Carrots and peanuts
- Cottage cheese and cashews
- Ham slices in a lettuce wrap with mustard

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"Spaghetti" and Meatballs



INGREDIENTS

- small spaghetti squash 1
- very lean ground beef (95% lean) 1 lbs
- plain bread crumbs 1/4 cup
- grated, reduced-fat Parmesan cheese (divided) 3 tbsps
- water (plus extra for cooking squash, divided) 3/4 cup
- chopped fresh parsley 2 tbsps
- Eggs 1
- garlic powder 1 tsp
- black pepper 1/2 tsp
- low-sodium spaghetti sauce 2 cups

DIRECTIONS

1. Fill a soup pot with 1 inch water and place whole squash in water. Bring to a boil over high heat, cover, and cook 25 to 30 minutes, or until tender when pierced with a knife. Remove squash to a cutting board and allow to cool slightly. Cut squash in half lengthwise; remove and discard seeds with a spoon. Scrape inside of squash with a fork, shredding into noodle-like strands. Cover to keep warm.
2. Meanwhile, in a large bowl, combine ground beef, bread crumbs, 2 tablespoons Parmesan cheese, 1/4 cup water, the parsley, egg, garlic powder, and pepper; gently mix until well combined. Form mixture into 8 equal-sized meatballs.
3. Coat a large skillet with cooking spray. Cook meatballs over medium heat 8 to 10 minutes or until browned, turning them occasionally. Add spaghetti sauce and remaining 1/2 cup water. Cover and cook 10 to 15 minutes or until meatballs are no longer pink in center.
4. Serve the spaghetti squash topped with sauce and meatballs. Sprinkle with remaining 1 tablespoon Parmesan cheese just before serving.

NUTRITION FACTS

4 Servings

Serving Size 2 Meatballs, 1 cup spaghetti squash, and 1/2 cup sauce

Calories 320

Total Fat 11g

- Saturated Fat 4g
- Trans Fat 0g
- **Cholesterol 125mg**
- **Sodium 270mg**
- **Total Carbohydrate 25g**
- Dietary Fiber 4g
- Total Sugars 9g
- Added Sugars 0g
- **Protein 29g**
- **Potassium 930mg**
- **Phosphorus 340mg**

ROTA Benefit Issuance Schedule

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

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

JUN . 01 2022 WED	Elderly./Special Needs Clients/ A-L
JUN. 02, 2022 THU	M-Z
JUN. 03, 2022 FRI	OPEN DAY
JUL. 01, 2022 FRI	M-Z
JUL. 05, 2022 TUE	Elderly./Special Needs Clients/ A-L
JUL. 06, 2022 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

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

JUN 01, 2022 WED	Elderly, Special Needs Clients
JUN. 02, 2022 THU	A-L
JUN. 03, 2022 FRI	M-Z
JUL. 01, 2022 FRI	Elderly, Special Needs Clients
JUL. 05, 2022 TUE	A-L
JUL. 06, 2022 WED	M-Z

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'

JULY 2022

JUL .01, 2022	FRI	Case Record ID ending with '1 & 2'
JUL. 05, 2022	TUE	Case Record ID ending with '3 & 4'
JUL. 06, 2022	WED	Case Record ID ending with '5 & 6'
JUL. 07, 2022	THU	Case Record ID ending with '7 & 8'
JUL. 08, 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



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- Cauliflower sauteed in hot wing sauce
- Broccoli dipped in ranch salad dressing

Do keep in mind that your body may still need support from an increase in your current medication dose(s) or the addition of a new medication in order to bring your blood sugars down to your goal range. Talk to your doctor about making these adjustments while also working to make healthy choices around foods.

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

1. AQUA WATER/C&F CORP
2. SUNSHINE MARKET
3. MEI MEI MARKET
4. L & Y MARKET
5. CHALAN PIAO SUPERMARKET
6. LUCKY QIANG MART
7. LUCKY STORE II MART

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