



NAD Newsletter

VOLUME 40 NO. 09 September 2022

Dining Out or Ordering In Choices

.Oh, the pleasures of having a meal in your favorite restaurant! Whether it's your go-to fast casual eatery or a romantic white linen spot, dining out can be the highlight of our week—and so can ordering in.

But when you have diabetes and may also be trying to lose weight, it can be hugely stressful instead—especially if you're new to figuring your way around a menu when restrictions are on your mind. Selecting a restaurant you know has healthy options is the best solution, but that's not always possible when others have input.

Strategies to Eat Out Like a Pro

Rather than blowing your meal plan and regretting it•

- Go to restaurant outings “gently hungry” instead of overly hungry, suggested Janice Baker, RDN, CDCES. “Over restricting during the day or preceding a restaurant or party event can biologically lead to unintentional overeating,” she explained. “This is BIOLOGY, not willpower.” later, how about trying some of these strategies?
- Check out menus online ahead of time. By scoping out the options, you can make decisions in advance, which can remove some of the stress and the distraction of tempting but unhealthy food options. If ordering takeout, you can search multiple restaurants for dishes that fit your meal plan.
- Be conscious of portion sizes. Does this restaurant serve huge portions? If so, try sharing a dish with others you're eating with. Or request a take-home container right away and box part of the meal up front to avoid eating the entire portion—plus you'll have food for

later! The same rule goes for takeout meals you eat at home.

- Be prepared for judgement and temptation from friends and family you're eating with. Baker suggested that “neutralize and redirect” is a good strategy, which takes practice.
- Find workarounds. Almost every style of restaurant can be a challenge, but most have delicious workarounds.
 - o At a pizza restaurant, it's really hard to order a house salad with a vinaigrette on the side. If you can't avoid the pizza, go for thin crust with vegetable toppings and minimal cheese. Eat one or two slices and take the rest home (pizza freezes well) or give it to your friends.
 - o If the menu mostly consists of pasta, order a small portion with a tomato-based sauce (instead of a cream sauce).
 - o Mexican restaurants are flexible—skip the enchiladas and tamales. Instead, focus on either a tostada with sour cream and guacamole without the cheese; soft chicken, shrimp, or fish tacos with black beans; ceviche; or other healthy choices.
 - o With Asian restaurants, you can enjoy seafood, tofu, and vegetable-focused dishes. Request steamed brown rice instead of white or fried rice.
 - o At a sub shop? Choose lean meats and whole grain breads with mustard and oil and vinegar instead of mayo—then just eat half the sandwich .
- If you can't find anything on the menu that fits your meal plan, politely ask if the chef can prepare something you can enjoy. It could be either a healthy adaptation of something on the menu or something that is low fat . You'd be surprised at how many chefs would be happy to help you with a healthy option.

Breakfast Quesadilla



DIRECTIONS

1. Coat a small skillet lightly with cooking spray.
2. Saute green chiles over medium-low heat for 1-2 minutes. Add beaten eggs and cook, stirring, until scrambled and set. Season with pepper.
3. Coat a second, large skillet lightly with cooking spray. Place one tortilla in the skillet and cook over medium heat until air bubbles begin to form, about 1 minute. Flip tortilla over and cook for 1 minutes more (do not let tortilla get crispy).
4. Spread half the cheese evenly over the tortilla, covering to the edges.
5. Reduce heat to low. Quickly arrange half the cooked bacon and half the egg mixture over the cheese. Cook until the cheese starts to melt, about 1 minute.
6. Fold tortilla in half to create a half-moon shape. Flip folded tortilla over and cook until it is lightly toasted and the cheese filling is completely melted, 1-2 minutes.
7. Transfer quesadilla to a cutting board. Recoat the skillet with cooking spray, and repeat with the second tortilla and remaining cheese, bacon, and egg mixture.
8. Cut each quesadilla into 3 wedges and serve immediately with fresh salsa.

INGREDIENTS

- nonstick cooking spray 1
- canned green chiles 1/4 cup
- eggs (beaten) 4
- black pepper 1/4 tsp
- 10-inch whole wheat flour tortillas 2
- reduced fat cheddar cheese, or use Mexican blend, Monterey Jack, or pepper jack (reduced fat) 1 1/2 cup
- turkey bacon (cooked crisp and crumbled) 4 slice

NUTRITION FACTS

4 Servings

Serving Size 1/2 Omelet

Calories 130

Total Fat 6g

- Saturated Fat 1g
- Trans Fat 0g
- **Cholesterol** 100mg
- **Sodium** 290mg
- **Total Carbohydrate** 6g
- Dietary Fiber 1g
- Total Sugars 4g
- Added Sugars 0g
- **Protein** 12g
- **Potassium** 350mg
- **Phosphorus** 140mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

SEPT. 01, 2022 THU	M-Z
SEPT. 02, 2022 FRI	Elderly./Special Needs Clients/ A-L
SEPT. 06, 2022 TUE	OPEN DAY
OCT. 03, 2022 MON	Elderly./Special Needs Clients/ A-L
OCT. 04, 2022 TUE	M-Z
OCT. 05, 2022 WED	OPEN DAY

TINIAN Benefit Issuance Schedule

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

SEPT. 01, 2022 THU	Elderly, Special Needs Clients
SEPT. 02, 2022 FRI	A-L
SEPT. 06, 2022 TUE	M-Z
OCT. 03, 2022 MON	Elderly, Special Needs Clients
OCT. 04, 2022 TUE	A-L
OCT. 05, 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

SEPTEMBER 2022

SEPT. 01, 2022	THU	Case Record ID ending with '1 & 2'
SEPT. 02, 2022	FRI	Case Record ID ending with '3 & 4'
SEPT. 06, 2022	TUE	Case Record ID ending with '5 & 6'
SEPT. 07, 2022	WED	Case Record ID ending with '7 & 8'
SEPT. 08, 2022	THU	Case Record ID ending with '9 & 0'

OCTOBER 2022

OCT. 03, 2022	MON	Case Record ID ending with '1 & 2'
OCT. 04, 2022	TUE	Case Record ID ending with '3 & 4'
OCT. 05, 2022	WED	Case Record ID ending with '5 & 6'
OCT. 06, 2022	THU	Case Record ID ending with '7 & 8'
OCT. 07, 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. LAO MARKET-HUI HUANG SAIPAN, INC
2. GREEN LEAVES STORE
3. FRIENDLY MARKET
4. NEW 7 STAR MARKET
5. CNMI FARMERS COOPERATIVE ASSOCIATION
6. LUCKY STAR MARKET

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Accounting 237-2851-3

Benefit 237-2812-15
Issuance & 237-2860-64
Claims Account-ability Unit

Retail & 237-2821-3
Redemption
Unit

Management 237-2831-7
Evaluation Unit 483-2021
483-2020

Tinian Office 433-9330

Rota Office 532-4627

