



NAD Newsletter

VOLUME 40 NO. 10 OCTOBER 2022

Noodling Around with Noodles

Are the noodle days over if you have diabetes? No, but you have to figure out how to fit noodles into your eating plan in a way that helps you manage your blood glucose (blood sugar).

How to Fit Noodles in Your Diet

The typical pasta you've probably been enjoying for years can fit into your eating plan, and there are additional benefits if the noodles have been enriched with vitamins and minerals. But traditional noodles are still a carbohydrate. So, be sure to only eat one cup of pasta at a meal. Or follow the [Diabetes Plate Method](#) and limit the pasta serving size to ¼ of the plate.

Traditional Noodle Alternatives

To add fiber and nutrients to your pasta dish, find a great whole wheat brand of pasta you'll enjoy. Generally speaking, one cup of (2 oz) of cooked traditional spaghetti has 200 calories, 42g of carbs, and 3g of fiber. But the same serving of whole grain noodles contains 180 calories, 39g of carbs, and 7g of fiber, making it the higher fiber option. It may take a little experimenting to find one or more with the texture and flavor that work for you, but there are many brands to choose from in supermarkets.

And it's not just wheat noodles that are a great alternative to traditional noodles, you could also try alternative grain pastas, like those made of quinoa, spelt, and kamut, which also have more nutrients and fiber than white flour pasta—but, you still need to keep tabs on portion size.

There's also a type of noodle you may not be familiar with. Shirataki—or konnyaku—noodles are traditional Japanese noodles made with konjac flour (a type of yam) and/or tofu. These noodles are also low in calories and gluten free. You can find them in the refrigerated section of Asian markets packaged in water. Rinse and drain them before cooking—about a minute or two in boiling water. Add them to soup or toss with vegetables, proteins, and a sauce using traditional Asian ingredients like soy sauce, ginger, and sesame oil. Or make a delicious pot of tomato sauce and use the shirataki noodles as your “pasta.”

You can also turn low-carb vegetables like zucchini, cucumbers, carrots, and beets into noodles using a vegetable peeler, spiralizer, or mandolin

Looking at the Whole Picture

Whatever type of noodles you choose, be mindful of what you eat them with. Avoid cream and butter sauces and fried or stir-fried noodles (unless you're doing the stir frying and can control the amount of oil you use). Tomato sauces, vegetable toppings, and lean protein are best. If you're adding them to soup, watch sodium levels and high-fat ingredients.



Continued on the next column..

Baked Chicken Teriyaki



INGREDIENTS

Cornstarch 1 tbsp
Cold water 1 tbsp
Splenda® Granulated Sweetener 1/2 cup
Lower sodium soy sauce 1/2 cup
Apple Cider Vinegar 1/4 cup
Garlic (minced) 1 clove
Ground ginger 1/2 tsp
Black pepper 1/4 tsp
Boneless, skinless chicken breasts 3 lbs

DIRECTIONS

1. Preheat oven to 425°F. Spray a 13" x 9" baking dish with cooking spray.
2. In a saucepan, whisk together cornstarch and cold water until smooth. Whisk in Splenda Sweetener, soy sauce, vinegar, garlic, ginger, and pepper. Bring to a simmer over low heat and cook, stirring frequently, until sauce thickens and bubbles.
3. Place chicken in prepared baking dish and brush with teriyaki sauce. Turn chicken over, and brush again.
4. Bake for 15 minutes. Turn chicken and bake until chicken is no longer pink and juices run clear when pierced with the tip of a paring knife (20–30 minutes total baking time, depending on size). Brush with sauce every 10 minutes during baking.

NUTRITION FACTS

12 Servings

Serving Size 3 oz chicken

Calories 170

Total Fat 3.5g

- Saturated Fat 1g
- Trans Fat 0g
- **Cholesterol** 80mg
- **Sodium** 440mg
- **Total Carbohydrate** 3g
- Dietary Fiber 0g
- Total Sugars 1g
- Added Sugars 0g
- **Protein** 30g
- **Potassium** 560mg
- **Phosphorus** 230mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

TINIAN Benefit Issuance Schedule

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

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

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'

NOVEMBER 2022

NOV. 01, 2022	TUE	Case Record ID ending with '1 & 2'
NOV. 02, 2022	WED	Case Record ID ending with '3 & 4'
NOV. 03, 2022	THU	Case Record ID ending with '5 & 6'
NOV. 07, 2022	MON	Case Record ID ending with '7 & 8'
NOV. 09, 2022	WED	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. JOETEN DANDAN SUPERMARKET
2. LN MARKET
3. MJ ROADSIDE VENDOR
4. LZ MARKET
5. NEW I MART
6. SUNSHINE VARIETY SHOP

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

Retail & 237-2821-3
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Management 237-2831-7
Evaluation Unit 483-2021
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Tinian Office 433-9330

Rota Office 532-4627

