



# NAD Newsletter

VOLUME 40 NO. 12 DECEMBER 2022

## Keep Your Health Goals on Track for the Holidays

The holidays can feel tricky when you're living with diabetes. To-do lists are longer. Stress levels are higher. And traditional meals aren't the easiest on blood glucose (blood sugar). These expert-backed tips will help you celebrate the season without losing sight of your health goals.

### 1. Embrace Balance

It's easy to take on an all-or-nothing mindset with food, especially when the holidays roll around: You swear off treats completely. But if you make a misstep? Well, then you might as well just forget your whole healthy-eating plan altogether. But, as with life, eating patterns aren't so black and white.

"You don't have to give up your favorite foods completely to be healthy," says Angela Goscolo, MS, RD, a registered dietitian and senior manager of nutrition at WeightWatchers. Instead of depriving yourself, Goscolo says to just be strategic about them.

- Make smart swaps. Mashed potatoes are the star of Thanksgiving sides, but they can run higher in carbs. Try making them with equal parts cauliflower and potatoes for a lower-carb, higher-fiber version.
- Start with non-starchy veggies. You're at the office party and dinner is pizza—not the best for your glucose. Get some salad greens first—the fiber will help fill you up and may help blunt your blood sugar response from the cheesy, doughy main course.

### 2. Make Room for "Me" Time

After the past few years of isolation, having a packed social calendar can feel like a breath of fresh air—just make sure you squeeze in time for you. "Like

diet and exercise, self-care and sleep are key for managing diabetes," says Barbra Sassower, MPH, RD, a registered dietitian and certified diabetes care and education specialist (CDCES) at WeightWatchers. People living with diabetes who get less than seven hours of sleep are more likely to experience insulin resistance, and being stressed-out can raise blood glucose.

### 3. Find Others Who Get It

Research shows that being part of a diabetes support group—in-person or online—can improve A1C numbers, mental health, and motivation to stick with healthy behaviors. And that could all really come in handy during a time of year with lots of distractions. On Connect, WeightWatchers' in-app social media platform, there's a Living with Diabetes group that's "a great place to find support and get actionable tips and advice," says Sassower. "Most of my patients light up when I tell them about it. Knowing that there are others successfully achieving their goals is such a relief to them."



*Continued on the next column..*

## Veggie and Chicken Pasta Salad



### INGREDIENTS

**Uncooked Whole-Wheat Elbow Pasta** 1 cup  
**Diced Red Bell Pepper** 1/2 cup  
**Diced Cucumber** 1/2 cup  
**Small Broccoli Florets** 1/2 cup  
**Large Carrot** 1  
**Diced Cooked Chicken Breast** 1 cup  
**Light Mayonnaise** 1/4 cup  
**Red Wine Vinegar** 1 tbsp  
**Dried Oregano** 1/8 tsp  
**Freshly Ground Black Pepper** 1/8 tsp

### DIRECTIONS

1. Cook the pasta according to the package directions. Drain.
2. In a large bowl, mix together the pasta, red bell pepper, cucumber, broccoli, carrots, and chicken.
3. In a small bowl, whisk together the dressing ingredients. Pour the dressing over the pasta, vegetables, and chicken and mix well. Serve.

The key to including pasta in your meal plan without going overboard on carbohydrate is to keep the portion size small and serve it with lots of veggies and some protein.

This is a quick dinner the whole family can enjoy any time of year. Try it with a bean-based pasta like lentil or chickpea pasta for added protein and fiber.

### NUTRITION FACTS

**4 Servings**

**Serving Size: 1 cup**

**Calories: 200**

- ◆ **Total Fat** 5g
- ◆ **Saturated Fat** 0.7g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 30mg
- ◆ **Sodium** 160mg
- ◆ **Total Carbohydrate** 24g
- ◆ **Dietary Fiber** 3g
- ◆ **Total Sugars** 3g
- ◆ **Protein** 15g
- ◆ **Potassium** 280mg
- ◆ **Phosphorus** 165mg

# NAP NEWSLETTER

## ROTA Benefit Issuance Schedule

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

<b>DEC. 01, 2022 THU</b>	Elderly./Special Needs Clients/ A-L
<b>DEC. 02, 2022 FRI</b>	M-Z
<b>DEC. 05, 2022 MON</b>	OPEN DAY
<b>JAN. 03, 2023 TUE</b>	M-Z
<b>JAN. 04, 2023 WED</b>	Elderly./Special Needs Clients/ A-L
<b>JAN. 05, 2023 THU</b>	OPEN DAY

## TINIAN Benefit Issuance Schedule

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

<b>DEC. 01, 2022 THU</b>	Elderly, Special Needs Clients
<b>DEC. 02, 2022 FRI</b>	A-L
<b>DEC. 05, 2022 MON</b>	M-Z
<b>JAN. 03, 2023 TUE</b>	Elderly, Special Needs Clients
<b>JAN. 04, 2023 WED</b>	A-L
<b>JAN. 05, 2023 THU</b>	M-Z

## SAIPAN Benefit Issuance Schedule (8:00AM-3:00PM)

NAP coupons will be issued at the JTV Building in As Lito from 8:00 a.m. to 3:00 p.m. daily except on Holidays and

## DECEMBER 2022

<b>DEC. 01, 2022</b>	<b>THU</b>	Case Record ID ending with '1 & 2'
<b>DEC. 02, 2022</b>	<b>FRI</b>	Case Record ID ending with '3 & 4'
<b>DEC. 05, 2022</b>	<b>MON</b>	Case Record ID ending with '5 & 6'
<b>DEC. 06, 2022</b>	<b>TUE</b>	Case Record ID ending with '7 & 8'
<b>DEC. 07, 2022</b>	<b>WED</b>	Case Record ID ending with '9 & 0'

## JANUARY 2023

<b>JAN. 03, 2023</b>	<b>TUE</b>	Case Record ID ending with '1 & 2'
<b>JAN. 04, 2023</b>	<b>WED</b>	Case Record ID ending with '3 & 4'
<b>JAN. 05, 2023</b>	<b>THU</b>	Case Record ID ending with '5 & 6'
<b>JAN. 06, 2023</b>	<b>FRI</b>	Case Record ID ending with '7 & 8'
<b>JAN. 09, 2023</b>	<b>MON</b>	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 en-

## 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 Vegetables with your NAP coupons at the following Authorized Retailers:**

1. SAN JOSE MART – YUN’S CORPORATION
2. NEW TOP STORE
3. NEW GRAND MARKET
4. NEW SAN ANTONIO SUPERMARKET
5. ANNIE’S CONVENIENT STORE

### NAP CONTACT INFORMATION:

<b>Certification Unit</b>	(670) 237-2801-6
	(670) 237-2870-4
<b>FAX</b>	(670) 664-2851
	(670) 237-2842
<b>Administration</b>	(670) 237-2843
<b>FAX</b>	(670) 664-2850
<b>Website:</b>	
<b>www.cnminap.gov.mp</b>	
<b>Email:</b>	
<b>support@cnminap.gov.mp</b>	
<b>Accounting</b>	(670) 237-2851-3
<b>Benefit Issuance &amp; Claims Account-ability CASHIER</b>	(670) 237-2813-15 (670) 237-2860-62/2864
	(670) 237-2863
<b>Retail &amp; Redemption Unit</b>	(670) 237-2821-3
<b>Management Evaluation Unit</b>	(670) 237-2831-7 (670) 483-2021 (670) 483-2020
<b>Tinian Office</b>	(670) 433-9330
<b>Rota Office</b>	(670) 532-4627

### LOW-CARB VEGETABLES

RANKED FROM LOWEST TO HIGHEST CARBS

 SPINACH 1 CUP: 1 G	 GARLIC 1 CLOVE: 1 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 1.9 G	 MUSHROOMS 1/2 CUP: 2.2 G	 CAULIFLOWER 1/3 CUP: 2.6 G
 ONION 1/2 CUP: 3.4 G	 TOMATO 1/2 CUP: 3.5 G	 BELL PEPPER 1/2 CUP: 3.5 G	 ASPARAGUS 1/2 CUP: 3.7 G
 GREEN BEANS 1/2 CUP: 4.9 G	 BROCCOLI 1/2 CUP: 5.8 G	 CABBAGE 1 CUP: 6.6 G	 CARROTS 1 LARGE: 6.9 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 15.4 G	 SWEET POTATO 1 CUP: 20.7 G	 RED POTATO 1 MEDIUM: 33.9 G

EatingWell

To all NAP recipients or representative, please ensure that on each coupon, you must print the following clearly:

1. Entire 10-digit Food Stamp I.D. Card Number
2. Valid Photo I.D. Number
3. Print Complete Name (No Initial Name)
4. Signature