



NAD Newsletter

VOLUME 41 NO. 01 JANUARY 2023

What is a Low-Carb Diet?

These days, there are hundreds of diet plans. One of the most popular diets that has been around for decades is the low-carb eating plan. In this eating plan, carbohydrates (carbs), especially simple carbs, are restricted while foods that are higher in fat and protein are not. High-sugar items such as soda, candy, desserts, fruit juices, as well as refined grains such as pasta, cereals and breads, and starchy vegetables such as potatoes and peas, are limited.



Foods to Eat on a Low-Carb Eating Plan

Higher-protein foods are a big part of a low-carb eating plan. Lean meats such as chicken, turkey, fish, and shellfish are recommended, as well as, eggs and cheese. Healthy fats and oils such as olive oil, avocado oil, avocados, nuts, seeds, and olives are recommended. Not only are these foods low carb, but are thought to help you feel full longer. Most types of fruit are considered high in carbs, however, berries are usually the fruit of choice when it comes to the low-carb eating plan. Non-starchy vegetables are emphasized in low-carb eating plans.

Continued on the next column..

Potential Health Benefits

The low-carb eating plan may have several potential health benefits, including weight loss, lower blood glucose (blood sugar) levels after eating, lower blood pressure, and reduction in triglycerides.

Is a low-carb eating plan right for you?

Interested in exploring a low-carb diet? Talk with your doctor or dietitian so they can help you set up a plan that's best suited for your individual needs and health goals.



Easy Broccoli and Shrimp Stir-Fry



INGREDIENTS

low sodium vegetable broth 1/4 cup
 rice vinegar 2 tbsp
 lower sodium soy sauce 1 1/2 tbsp
 Cornstarch 1 tbsp
 ground ginger 1 tsp
 Sriracha 1/2 tsp
 stevia brown sugar blend 1/2 tsp
 olive oil (divided use) 3 tbsp
 garlic (minced) 1 clove
 raw medium shrimp 1 1/4 lbs
 broccoli florets 3 cups

DIRECTIONS

1. In a small bowl, whisk together the vegetable broth, rice vinegar, soy sauce, cornstarch, ginger, sriracha, and brown sugar blend.
2. Heat 2 Tbsp of the olive oil in a large skillet or wok. When the oil is shimmering, add the garlic and cook until fragrant (30 seconds). Add the shrimp and cook until opaque, about 4 minutes. Using a slotted spoon, remove the shrimp and place on a plate.
3. Heat the remaining 1 Tbsp of olive oil in the same skillet. Add the broccoli florets and cook until tender, about 4 minutes.
4. Add the cooked shrimp back into the skillet and toss to combine with the broccoli. Pour the broth mixture over the shrimp and broccoli and toss to coat. Continue cooking until the broth mixture thickens slightly, about 1 minute.

NUTRITION FACTS

4 Servings

Serving Size: 1 cup

Calories: 270

- ◆ **Total Fat** 11g
- ◆ **Saturated Fat** 1.5g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 235mg
- ◆ **Sodium** 400mg
- ◆ **Total Carbohydrate** 10g
- ◆ **Dietary Fiber** 3g
- ◆ **Total Sugars** 3g
- ◆ **Protein** 34g
- ◆ **Potassium** 890mg
- ◆ **Phosphorus** 385mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

JAN. 03, 2023 TUE	M-Z
JAN. 04, 2023 WED	Elderly./Special Needs Clients/ A-L
JAN. 05, 2023 THU	OPEN DAY
FEB. 01, 2023 WED	Elderly./Special Needs Clients/ A-L
FEB. 02, 2023 THU	M-Z
FEB. 03, 2023 FRI	OPEN DAY

TINIAN Benefit Issuance Schedule

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

JAN. 03, 2023 TUE	Elderly, Special Needs Clients
JAN. 04, 2023 WED	A-L
JAN. 05, 2023 THU	M-Z
FEB. 01, 2023 WED	Elderly, Special Needs Clients
FEB 02, 2023 THU	A-L
FEB. 03, 2023 FRI	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

JANUARY 2023

JAN. 03, 2023	TUE	Case Record ID ending with '1 & 2'
JAN. 04, 2023	WED	Case Record ID ending with '3 & 4'
JAN. 05, 2023	THU	Case Record ID ending with '5 & 6'
JAN. 06, 2023	FRI	Case Record ID ending with '7 & 8'
JAN. 09, 2023	MON	Case Record ID ending with '9 & 0'

DECEMBER 2022

FEB. 01, 2023	WED	Case Record ID ending with '1 & 2'
FEB. 02, 2023	THU	Case Record ID ending with '3 & 4'
FEB. 03, 2023	FRI	Case Record ID ending with '5 & 6'
FEB. 06, 2023	MON	Case Record ID ending with '7 & 8'
FEB. 07, 2023	TUE	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. 99 CENTS SUPERMARKET
2. NEW KAGMAN MARKET
3. FRESH MARKET-MEAT/SEAFOOD/OTHERS
4. AQUASMITH – ROCK HEART INC
5. NEW DOWNTOWN MARKET

NAP CONTACT INFORMATION:

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