



NAD Newsletter

VOLUME 41 NO. 02 MARCH 2023

What is the Best Diet for Diabetes?

Every year, U.S. News gathers a panel of experts to review and rank the best “diets” for overall health, weight loss, heart health, diabetes, and other categories. The panel reviews the most up-to-date research and evidence on each diet and its claimed health benefits. They also consider how easy the diet is for people to follow and stick to, and if health benefits, such as weight loss, last in the long term. Topping the list of “Best Diets for Diabetes” is the [Mediterranean diet](#) (this diet was also ranked #1 in “Best Overall”). Next is a four-way tie for second place between DASH, Flexitarian, Mayo Clinic, and Vegan diets.

1. They’re not really “diets.”

At least not in the modern sense. These diets are not considered temporary regimens to “detox,” “reset,” or reach a certain goal quickly. They’re more like eating patterns that are intended to be permanent.

With the exception of vegan, none of the top-ranked diets cut out certain foods or nutrients, or have strict rules to follow. And none of them require you to count calories or carbs.

2. They focus on plant foods.

All of these patterns encourage eating more plant foods like vegetables, fruits, whole grains, beans, and legumes (the vegan diet goes even further by *only* allowing plant-based foods—it eliminates all animal products, including meat, poultry, fish, eggs, and dairy foods). Research overwhelmingly supports the benefits of eating more plant-based foods. Plant foods are packed with vitamins, minerals, and antioxidants that are important for general health. They’re also the best and low in calories, giving you a lot of bang for your buck!

3. They don’t focus on restricting carbs.

You may notice that the list does not include any diets focused on restricting carbs like keto or Atkins.

Continued on the next column..

While research shows that *reducing* carb intake can help manage blood glucose, there’s not enough evidence to say that people with diabetes need to cut out *all* carbs. The bigger issue is that very low carb diets can also be hard to stick with in the long run. It may be easier to start by focusing on the quality of carbs, monitoring your portions, and following a flexible healthy eating pattern for long-term benefits.

4. They’re not “fads.”

The most successful patterns have all been around for a long time. The Mediterranean diet may seem like a new fad, but it’s based on the way people in the Mediterranean region have been eating for *centuries*. The “Flexitarian diet” may also sound fancy and new, but many people already eat this way, whether they’re trying to or not.

Veganism has also been around for a long time, and some people choose to eat this way for ethical or environmental reasons as well as health reasons.

5. They’re backed by science.

All of the top-ranked diets have been extensively researched and have a mountain of scientific evidence backing them up. DASH and Mayo clinic diets were developed by respected, evidence-based institutions. Mediterranean, vegan, and “flexitarian” eating patterns have been around for a long time, but they are getting trendier as more and more research shows their health benefits.

BOTTOM LINE

You don’t have to follow a certain “diet” to manage diabetes. Work towards a healthy eating pattern that fits your lifestyle and preferences. Here are some tips to help you get started:

Slow-Cooker Beef Stew



INGREDIENTS

Flour 3 tbsp
 lean beef stew meat (visible fat trimmed and cut into 1-inch cubes) 1 lbs
 olive oil 1 tbsp
 low sodium beef broth 3 cup
 Water 1 cup
 large carrots (chopped) 6
 mushrooms (chopped) 8 oz
 large sweet potato (peeled and cubed) 1
 onion (diced) 1
 dried thyme 1/2 tsp
 black pepper 1/2 tsp

DIRECTIONS

1. Place the flour in a large resealable plastic bag. Add beef and toss to coat.
2. Add oil to a pan over high heat. Add beef and sauté for 6-8 minutes, turning frequently until evenly browned
3. Transfer beef and all remaining ingredients to a large slow cooker.
4. Cover and cook in slow cooker on low for 8 hours.



NUTRITION FACTS

5 Servings

Serving Size: 1 cup

Calories: 260

- ◆ **Total Fat** 7g
- ◆ **Saturated Fat** 2.1g
- ◆ **Trans Fat** 0.2g
- ◆ **Cholesterol** 50mg
- ◆ **Sodium** 220mg
- ◆ **Total Carbohydrate** 27g
- ◆ **Dietary Fiber** 5g
- ◆ **Total Sugars** 9g
- ◆ **Protein** 0g
- ◆ **Potassium** 930mg
- ◆ **Phosphorus** 275mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

MAR. 01, 2023 WED	Elderly./Special Needs Clients/ A-L
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MAR. 02, 2023 THU	M-Z
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MAR. 03, 2023 FRI	OPEN DAY
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APR. 03, 2023 MON	M-Z
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APR. 04, 2023 TUE	Elderly./Special Needs Clients/ A-L
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APR. 05, 2023 WED	OPEN DAY
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TINIAN Benefit Issuance Schedule

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

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

MARCH 2023

MAR. 01, 2023	WED	Case Record ID ending with '1 & 2'
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MAR. 02, 2023	THU	Case Record ID ending with '3 & 4'
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MAR. 03, 2023	FRI	Case Record ID ending with '5 & 6'
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MAR. 06, 2023	MON	Case Record ID ending with '7 & 8'
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MAR. 07, 2023	TUE	Case Record ID ending with '9 & 0'
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FEBRUARY 2023

APR. 03, 2023	MON	Case Record ID ending with '1 & 2'
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APR. 04, 2023	TUE	Case Record ID ending with '3 & 4'
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APR. 05, 2023	WED	Case Record ID ending with '5 & 6'
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APR. 06, 2023	THU	Case Record ID ending with '7 & 8'
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APR. 10, 2023	MON	Case Record ID ending with '9 & 0'
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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 Vegetables with your NAP coupons at the following Authorized Retailers:

1. Y.Z.L. RETAIL STORE
2. LUCKY DE MART II
3. NEW PUBLIX MARKET
4. MARIANAS WATER & ICE
5. FRIENDLY MARKET II
6. FRUITS & VEGETABLE VENDOR (SULYMAN)

NAP CONTACT INFORMATION:

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Administration	(670) 237-2800
FAX	(670) 664-2850
Website:	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 1/2 CUP: 2.6 G
 ONION 1/2 CUP: 2.8 G	 TOMATO 1/2 CUP: 3.6 G	 BELL PEPPER 1/2 CUP: 3.8 G	 ASPARAGUS 1/2 CUP: 3.7 G
 GREEN BEANS 1/2 CUP: 4.9 G	 BROCCOLI 1/2 CUP: 5.6 G	 CABBAGE 1 CUP: 6.6 G	 CARROTS 1 LARGE: 8.9 G
 PEAS 1/2 CUP: 12.4 G	 CORN 1/2 CUP: 19.6 G	 SWEET POTATO 1 CUP: 20.7 G	 RED POTATO 1 MEDIUM: 33.9 G

EatingWell

Continue from page 1

- Eat plenty of vegetables (especially non-starchy vegetables that are low in calories and carbs).
- Choose whole foods over processed foods. One way to do this is by preparing more meals at home.
- Reduce added sugar. Limit sugary foods like sodas, candies, and sweets. Check nutrition facts labels for added sugar in packaged foods.

Choose proper portion sizes. The Diabetes Plate Method is a quick and easy way to build balanced meals with proper portions.