



NAD Newsletter

VOLUME 41 NO. 05 MAY 2023

What's the Best Breakfast for Diabetes?



For people with diabetes, the “most important meal of the day” can also be the most confusing. Typical American breakfast options—bagels, cereal, pancakes, muffins, bacon, eggs—are loaded with refined carbs, sugar, and saturated fat, the exact things that we’re told to limit. So what should we eat for breakfast?

4 Tips for Building a Healthy Breakfast

What works for you for breakfast will depend on your personal meal plan, food preferences, health goals, schedule, and budget, but here are a few tips for building a healthy breakfast:

1. Limit or avoid refined grains and sugars. This means most breakfast cereals and pastries are best avoided. If cereal is your go-to breakfast, look for options that are low in added sugar (aim for less than 5g per serving) and higher in fiber (at least 3g per serving). You can apply this same rule to other sweet breakfast foods like muffins or granola bars.

Continued on the next column..

2. Be carb conscious. The total amount of carbs you have at breakfast will depend on your personal meal plan and how your body handles carbs in the morning. A lot of traditional breakfast foods contain carbs, so it’s important to keep track of what foods in your breakfast contain carbs and what it all adds up to. Cereal, milk, and fruit all contain carbs, and can add up quickly when combined together.

3. Choose healthy fats. Fats can help you feel fuller longer, but choose wisely. Bacon, sausage, and eggs fried in butter are all high in saturated fats which can increase risk of heart disease. Instead, fry eggs in a little bit of olive oil, choose turkey bacon or chicken sausage instead of their pork counterparts, and incorporate healthy unsaturated fats from nuts, seeds, and avocado.

4. Include lean protein and fiber. One of the main goals of breakfast is to keep you full until lunchtime. Protein and fiber digest slowly and stave off hunger hormones so you feel fuller longer. A breakfast high in protein and fiber can help reduce cravings before lunch and help keep blood sugar in range.

Lean Protein Options:

1. Eggs.
2. Greek yogurt.
3. Cottage cheese.
4. Nuts or nut butter.
5. Tofu.

High Fiber Options:

1. Oatmeal
2. Fruit
3. Seeds (Chia, Flax, Hemp Seeds)
4. Beans

Chicken Sausage and Cabbage Skillet



INGREDIENTS

- ✦ Olive Oil 1tsp
- ✦ Non-stick Cooking Spray 1
- ✦ Fully Cooked Roasted Garlic Chicken Sausage
- ✦ Small Granny Smith Apples (Peeled, Grated) 2
- ✦ Onion (Diced) 1
- ✦ Cabbage (Shredded) 6 cups
- ✦ Honey 1tbsp
- ✦ White Wine 1/4 Cup
- ✦ White Wine Vinegar 1 tbsp
- ✦ White Wine Vinegar 1 tbsp
- ✦ Salt-Free-All-Purpose Seasoning 1/2 tsp

DIRECTIONS

1. Add oil and a generous amount of cooking spray to a large sauté pan over medium-high heat.
2. Sauté sausage until beginning to brown. Remove from pan and set aside.
3. Add apples, onion and cabbage to the pan and sauté for 8-10 minutes or until cabbage is soft and beginning to lightly brown.
4. Add sausage back to the pan and remaining ingredients. Sauté until liquid reduced.

NUTRITION FACTS

4 Servings

Serving Size: 1 and 2/3 cups

Calories: 220

- ◆ **Total Fat** 7g
- ◆ **Saturated Fat** 1.7g
- ◆ **Trans Fat** 0g
- ◆ **Cholesterol** 50mg
- ◆ **Sodium** 390mg
- ◆ **Total Carbohydrate** 27g
- ◆ **Dietary Fiber** 5g
- ◆ **Total Sugars** 19g
- ◆ **Protein** 14g
- ◆ **Potassium** 530mg
- ◆ **Phosphorus** 180mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

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

MAY 01, 2023 MON	Elderly, Special Needs Clients
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MAY 02, 2023 TUE	A-L
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MAY 03, 2023 WED	M-Z
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JUNE 01, 2023 THU	Elderly, Special Needs Clients
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JUNE 02, 2023 FRI	A-L
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JUNE 05, 2023 MON	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

MAY 2023

MAY 01, 2023	MON	Case Record ID ending with '1 & 2'
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MAY 02, 2023	TUE	Case Record ID ending with '3 & 4'
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MAY 03, 2023	WED	Case Record ID ending with '5 & 6'
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MAY 04, 2023	THU	Case Record ID ending with '7 & 8'
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MAY 05, 2023	FRI	Case Record ID ending with '9 & 0'
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MAY 2023

JUNE 01, 2023	THU	Case Record ID ending with '1 & 2'
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JUNE 02, 2023	FRI	Case Record ID ending with '3 & 4'
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JUNE 05, 2023	MON	Case Record ID ending with '5 & 6'
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JUNE 06, 2023	TUE	Case Record ID ending with '7 & 8'
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JUNE 07, 2023	WED	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. NEW XO MARKET
2. HAPPY MARKET
3. JINLI STORE
4. FZ MARKET
5. NEW SAN ANTONIO SUPERMARKET

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
FAX	(670) 664-2851
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: 1.0 G	 GARLIC 1 CLOVE: 1.0 G	 KALE 1 CUP: 1.4 G	 ROMAINE LETTUCE 1 CUP: 1.6 G
 CELERY 1 STALK: 1.9 G	 CUCUMBER 1/2 CUP: 5.9 G	 MUSHROOMS 1/2 CUP: 2.2 G	 CAULIFLOWER 1/2 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: 6.6 G	 CABBAGE 1 CUP: 8.8 G	 CARROTS 1 LARGE: 8.8 G
 PEAS 1/2 CUP: 12.5 G	 CORN 1/2 CUP: 55.6 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