



NAD Newsletter

VOLUME 41 NO. 07 JULY 2023

Easy Food Swaps for Healthier Eating



If you are looking for ways to eat healthier, it can feel daunting and overwhelming. Especially when there are so many tasty looking foods that may distract you from your healthy eating plans.

So how about taking a different approach? Instead of eliminating certain food groups and starting short-term diets, focus on keeping it simple and doable. You can swap some less healthy foods for others that fit your eating plan better. Focus on picking foods that work well with your lifestyle. It's not meant to be perfect, but to take small steps that complement exercise and other healthy habits. Every little bit helps!

Healthy Food Swap Ideas for Dining Out

- Instead of a traditional hamburger, opt for a grilled chicken sandwich. Or, try a ground chicken, turkey, or portobello mushroom burger.
- When ordering a sandwich, switch out the bun or bread for lettuce.
- Ask for brown rice instead of white rice.

Continued on the next column..

- Want dessert? Go for low-fat or fat-free frozen yogurt in place of ice cream.
- If you are craving Mexican food, request corn tortillas instead of flour tortillas.
- Pick salsa over guacamole.
- Ask for light cheese and sour cream (or skip it altogether).
- Instead of a burrito, try your meal as a salad or bowl instead!
- If you want Italian, opt for tomato-based pasta sauces over cream-based sauces.
- When ordering a salad, choose a vinaigrette instead of a creamy salad dressing. And be wary of too much cheese, fried chicken, and other unhealthy toppings.

Healthy Food Swaps When Eating at Home

- Instead of butter, use olive oil. Also, try using a mister to spray the oil so you'll use less of it.
- When using sour cream, swap it for low-fat or fat-free plain Greek yogurt.
- Making pasta? Use whole wheat pasta or try a veggie noodle like a "zoodle" zucchini noodle.
- When making rice, opt for low-carb and nutrient-rich cauliflower rice. You can also use this swap for mashed potatoes by making mashed cauliflower.
- Use an immersion blender to "cream" vegetable soup or use Greek yogurt instead of making cream-based soup.
- Swap out cereal for fiber-rich oatmeal or other whole grain hot cereals.
- Roast a chicken or turkey at home and slice it for sandwiches instead of processed meats.
- If you use mayo, swap it out for other condiments like mustard or hot sauces.
- Swap your deep fryer for an air fryer to indulge your need for crispy foods.

Cauliflower Fried "Rice"



INGREDIENTS

- * Olive oil (1tbsp)
- * Sesame oil (1tsp)
- * Green Onion: Scallion (3, chopped)
- * Soy Sauce (1 1/2 tbsp)
- * Low Sodium Chicken Broth (1/4 cup)
- * Ground Ginger (1/8 tsp)
- * Large Carrots (2, finely diced)
- * Cauliflower Florets (3 cups)
- * Ground Black Pepper (1/8 tsp, ground)

DIRECTIONS

1. Cut the cauliflower into small chunks and process in a food processor until rice consistency, or grate the head of cauliflower with a grater; set aside.

2. Heat 1/2 Tbsp. olive oil in a nonstick pan over medium-high heat. Add carrots and scallions and sauté for 5 minutes.

3. Add remaining 1/2 Tbsp. olive oil and sesame oil to pan. Add cauliflower "rice" and remaining ingredients and lower heat to medium-low.

4. Cook cauliflower mixture for 6-8 minutes, stirring frequently. Cauliflower should be tender, but not mushy.

NUTRITION FACTS

4 Servings

Serving Size: 1/2 Cup

Calories: 80

- ◆ Total Fat: 5g
- ◆ Saturated Fat: 0.7g
- ◆ Trans Fat: 0g
- ◆ Cholesterol: 0mg
- ◆ Sodium: 260mg
- ◆ Total Carbohydrate: 8g
- ◆ Dietary Fiber: 3g
- ◆ Total Sugars: 3g
- ◆ Protein: 3g
- ◆ Potassium: 360mg
- ◆ Phosphorus: 55mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

JULY 03, 2023 MON	M-Z
JULY 05, 2023 WED	Elderly./Special Needs Clients/ A-L
JULY 06, 2023 THU	OPEN DAY
AUG 01, 2023 TUE	Elderly./Special Needs Clients/ A-L
AUG 02, 2023 WED	M-Z
AUG 03, 2023 THU	OPEN DAY

TINIAN Benefit Issuance Schedule

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

JULY 03, 2023 MON	Elderly, Special Needs Clients
JULY 05, 2023 WED	A-L
JULY 06, 2023 THU	M-Z
AUG 01, 2023 TUE	Elderly, Special Needs Clients
AUG 02, 2023 WED	A-L
AUG 03, 2023 THU	M-Z

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

NAP coupons will be issued through a drive thru at the JTV Building in As Lito based on the set schedule below:

JULY 2023		
JULY 03, 2023	MON	Case Record ID ending with '1 & 2'
JULY 05, 2023	WED	Case Record ID ending with '3 & 4'
JULY 06, 2023	THU	Case Record ID ending with '5 & 6'
JULY 07, 2023	FRI	Case Record ID ending with '7 & 8'
JULY 10, 2023	MON	Case Record ID ending with '9 & 0'
AUGUST 2023		
AUG 01, 2023	TUE	Case Record ID ending with '1 & 2'
AUG 02, 2023	WED	Case Record ID ending with '3 & 4'
AUG 03, 2023	THU	Case Record ID ending with '5 & 6'
AUG 04, 2023	FRI	Case Record ID ending with '7 & 8'
AUG 07, 2023	MON	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 Vegetables with your NAP coupons at the following Authorized Retailers:

1. KWIK TRIP
2. TE'S FISH MARKET
3. HAN NAM SUPERMARKET
4. MARG'S BAKERY & KITCHEN
5. AUGUST SUPERMARKET

NAP CONTACT INFORMATION:

Certification Unit	(670) 237-2801-6 (670) 237-2870-4
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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: 1.0 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

