



NAD Newsletter

VOLUME 41 NO. 08 AUGUST 2023

How Does Food Impact Blood Glucose?



Carbohydrates from food cause blood glucose to rise after meals, but that doesn't mean you have to eliminate carbs from your meals! Carbohydrate foods are also important sources of other nutrients like fiber, vitamins, and minerals, and they provide energy for our body and our brain.

There's no set number of carbs that everyone with diabetes should eat. The eating plan and carb amount that works for you will depend on your gender, activity level, and blood glucose management plan, among other things.

It will also depend on your current eating habits, your food preferences, and your budget as well.

Depending on your current eating habits, making some adjustments to your carb intake may help with blood glucose management. But, there's no need to make drastic changes to your diet all at once, and you don't have to eat foods you don't like.

Continued on the next column..

Trying to cut back on arbs? Here are some tips:

If you do want to lower your carb intake, these tips are easy ways to cut back, without sacrificing your favorite foods:

REDUCE

Reduce the portion size of carb foods in your meal. Cutting back on the amount of rice, pasta, or other carb foods in your meal is an easy way to reduce carbs without giving anything up. Diabetes Plate Method is a great visual way to manage portion sizes, without any counting or measuring. Simply limit your portion of carb foods to about one-quarter of your plate.

REMOVE

If a meal includes several carbohydrate foods, remove one. For example, a burrito may include rice, beans, and a tortilla. Leaving out the rice won't impact the flavor, but it will cut down on the carbs. Or, you could ditch the tortilla and make a "burrito bowl."

REPLACE

If you've reduced or removed carb foods from your meal, you can replace them with lower carb alternatives.

For example:

Replace some or all of the spaghetti in a dish with zucchini "noodles." Replace some or all of the rice in a dish with cauliflower rice. Replace a carb side dish, like mashed potatoes, corn, or french fries, with a nonstarchy side, like a small salad or roasted broccoli. Replace sugary drinks like soda, sweet tea, or juice with water, unsweet tea, or a sugar-free drink.

Sugar Free Yogurt Parfait with Fresh Berries



INGREDIENTS

- * Plain Fat-Free Greek Yogurt (1 cup)
- * Fresh Blueberries 1/2 Cup
- * Sweet Leaf Sweet Drops Clear (5 drops)

This sugar-free parfait is a delicious and healthy way to start your day! Plain Greek yogurt, fresh berries, and your choice of crunchy toppings, this is a delicious option for anyone looking to reduce their sugar intake. You can also try topping this parfait with chia seeds, shredded coconut, or chopped nuts. Customize it even more by swapping out for your favorite berry like raspberries or strawberries. Enjoy this healthy, easy morning meal or mid-day snack!

DIRECTIONS

1. In a bowl, mix Greek yogurt and Sweet Leaf Sweet Drops Clear with a spoon until the mixture is a creamy consistency.
2. Take a tall glass or small bowl for your parfait and add a layer of yogurt to the bottom. Add berries and nuts (optional) between layers of yogurt until you reach the top. Enjoy!
3. Add berries and nuts (optional) between layers of yogurt until you reach the top. Enjoy!
4. Tip: A finished parfait stores great in the fridge for easy meal prep on the go!

NUTRITION FACTS

1 Serving

Serving Size: 1 Parfait
Calories: 180

- ◆ **Total Fat:** 1g
- ◆ **Saturated Fat:** 0.3g
- ◆ **Trans Fat:** 0g
- ◆ **Cholesterol:** 10mg
- ◆ **Sodium:** 80mg
- ◆ **Total Carbohydrate:** 19g
- ◆ **Dietary Fiber:** 2g
- ◆ **Total Sugars:** 15g
- ◆ **Protein:** 24g
- ◆ **Potassium:** 380mg

NAP NEWSLETTER

ROTA Benefit Issuance Schedule

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

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

TINIAN Benefit Issuance Schedule

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

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

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'
SEPTEMBER 2023		
SEPT 01, 2023	FRI	Case Record ID ending with '1 & 2'
SEPT 05, 2023	TUE	Case Record ID ending with '3 & 4'
SEPT 06, 2023	WED	Case Record ID ending with '5 & 6'
SEPT 07, 2023	THU	Case Record ID ending with '7 & 8'
SEPT 08, 2023	FRI	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. LUEN FUNG ENTERPRISE (SAIPAN), INC.
2. COOL MART
3. JL MARKET
4. TWIN SUPERMARKET II
5. NEW C.K. MARKET

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

