



NAP Newsletter

VOLUME 38 NO. 05

MAY 2020

PHYSICAL ACTIVITY AND TYPE 2 DIABETES

Recommendations

- Daily exercise, or at least not allowing more than 2 days to elapse between exercise sessions, is recommended to enhance insulin action. **B**
- Adults with type 2 diabetes should ideally perform both aerobic and resistance exercise training for optimal glycemic and health outcomes. **C**
- Children and adolescents with type 2 diabetes should be encouraged to meet the same physical activity goals set for youth in general. **C**
- Structured lifestyle interventions that include at least 150 min/week of physical activity and dietary changes resulting in weight loss of 5%–7% are recommended to prevent or delay the onset of type 2 diabetes in populations at high risk and with prediabetes. **A**

Insulin Action and Physical Activity

Insulin action in muscle and liver can be modified by acute bouts of exercise and by regular physical activity. Acutely, aerobic exercise increases muscle glucose uptake up to fivefold through insulin-independent mechanisms. After exercise, glucose uptake remains elevated by insulin-independent (2 h) and insulin-dependent (up to 48 h) mechanisms if exercise is prolonged, which is linked with muscle glycogen repletion. Improvements in insulin action may last for 24 h following shorter duration activities (20 min) if the intensity is elevated to near-maximal effort intermittently. Even low-intensity aerobic exercise lasting ≥60 min enhances insulin action in obese, insulin-resistant adults for at least 24 h. If enhanced insulin action is a primary goal, then daily moderate- or high-intensity exercise is likely optimal. Regular training increases muscle capillary density, oxidative capacity, lipid metabolism, and insulin signaling proteins, which are all reversible with detraining. Both aerobic and resistance training promote adaptations in skeletal muscle, adipose tissue, and liver associated with enhanced insulin action, even without weight loss. Regular aerobic training increases muscle insulin sensitivity in individuals with prediabetes and type 2 diabetes in proportion to exercise volume. Even low-volume training (expending just 400 kcal/week) improves insulin action in previously sedentary adults. Those with higher baseline insulin resistance have the largest improvements, and a dose response is observed up to about 2,500 kcal/week. Resistance training enhances insulin action similarly, as do HIIT and other modes. Combining endurance exercise with resistance exercise may provide greater improvements, and HIIT may be superior to continuous aerobic training in adults with diabetes.



<https://care.diabetesjournals.org/content/39/11/2065>

Beef Stroganoff

INGREDIENTS

- **Ronzoni Healthy Harvest Whole Grain egg noodles** (uncooked) 5 oz
- **olive oil** 2 tsp
- **beef tenderloin tips** 1 lbs
- **white** (button) mushrooms 1 1/2 cup
- **onion(s)** 1/2 cup
- **all-purpose flour** 1 tbsp
- **dry white wine** 1/2 cup
- **Dijon mustard** 1 tsp
- **beef broth** 1
- **sour cream** 1/2 cup
- **salt** (optional) 1/4 tsp
- **black pepper** 1/4 tsp



DIRECTIONS

1. Cook noodles according to package directions, omitting salt.
2. Add oil to a large sauté pan over high heat. Add meat and sauté for about 3 minutes. Remove meat from pan. Add mushrooms and onion and sauté for 5 minutes or until beginning to brown.
3. Add flour and cook for 1 minute. Add wine to deglaze pan; cook for 2 minutes. Add Dijon mustard and beef broth; bring to a boil. Reduce heat and simmer for 5 minutes.
4. Add beef and any juices back to broth and simmer for 3 more minutes. Add sour cream, salt (optional), and pepper; simmer for 30 seconds.
5. Serve over whole-grain egg noodles.

DIRECTIONS

5 Servings

- **Serving Size 1/5 OF RECIPE**
- **Total Fat 7g**
- Saturated Fat 2.5g
- **Cholesterol 50mg**
- **Sodium 250mg**
 - **Total Carbohydrate 29g**
- Dietary Fiber 4g
- Total Sugars 3g
- **Protein 23g**
- **Potassium 270mg**

**Orientation
Announcement**

Due to Corona-Covid 19 Virus which requires social distances, NAP Office does not requires 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.dcca.gov.mp/nap>
 Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

NAP CONTACT NOS.

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BENEFIT ISSUANCE SCHEDULE FOR SAIPAN

NAP coupons will be issued at the JTV Building in As Lito from 8 a.m. to 3:00 p.m. daily except on Holidays, and Weekends
Subject to change in case of Emergency

<i>MAY 2020</i>		
MAY 01, 2020	FRI	Case Record ID ending with '1'
MAY 04, 2020	MON	Case Record ID ending with '2'
MAY 05, 2020	TUE	Case Record ID ending with '3'
MAY 06, 2020	WED	Case Record ID ending with '4'
MAY 07, 2020	THU	Case Record ID ending with '5'
MAY 08, 2020	FRI	Case Record ID ending with '6'
MAY 11, 2020	MON	Case Record ID ending with '7'
MAY 12, 2020	TUE	Case Record ID ending with '8'
MAY 13, 2020	WED	Case Record ID ending with '9'
MAY 14, 2020	THU	Case Record ID ending with '0'

<i>JUNE 2020</i>		
JUNE 01, 2020	MON	Case Record ID ending with '1'
JUNE 02, 2020	TUE	Case Record ID ending with '2'
JUNE 03, 2020	WED	Case Record ID ending with '3'
JUNE 04, 2020	THU	Case Record ID ending with '4'
JUNE 05, 2020	FRI	Case Record ID ending with '5'
JUNE 08, 2020	MON	Case Record ID ending with '6'
JUNE 09, 2020	TUE	Case Record ID ending with '7'
JUNE 10, 2020	WED	Case Record ID ending with '8'
JUNE 11, 2020	THU	Case Record ID ending with '9'
JUNE 12, 2020	FRI	Case Record ID ending with '0'

BENEFIT AND RECERTIFICATION SCHEDULE FOR TINIAN AND ROTA

TINIAN		ROTA	
05/27/20	WEDNESDAY	05/28/20	FRIDAY
06/29/20	MONDAY	06/30/20	TUESDAY

Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef. POUR out fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD water to cover the ingredients.
7. In a small bowl, MIX seasoning. ADD seasoning to pot and MIX.
8. COOK until vegetables are tender. STIR.
9. In a small bowl, MIX flour and water mixture. ADD to stew to thicken

HAMBURGER STEW

Number of servings: 7

Ingredients:

- 1 small round onion
- 2 ribs celery
- 2-3 medium potatoes
- 1-2 medium carrots
- 1 thumb size piece ginger
- 1 clove garlic
- 1 pound lean ground beef
- Water to cover
- Seasoning:
- 1 (8-ounce) can tomato sauce
- 2 teaspoons salt
- ½ teaspoon pepper
- ½ teaspoon sugar
- 1 tablespoon soy sauce

NUTRITION FACTS

Serving Size 1 CUP (340 g)
Serving Per Container 7

Total Fat 7g	10 %
Saturated Fat 2.5g	13 %
Trans Fat 0.5g	0 %
Cholesterol 40mg	14 %
Sodium 1040mg	45 %
Total Carbohydrate 20g	6 %
Dietary Fiber 3g	10 %
Sugars 3g	
Protein 15g	

Vitamin A 50% Vitamin C 20%
Calcium 4% Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4



You can purchase Fruits and Veggies with your NAP coupons at the following Authorized Retailers

1. SAN ANTONIO SUPERMARKET
2. MARG'S BAKERY & KITCHEN
3. NEW SARA MARKET
4. 99 CENTS SUPERMARKET
5. ANNIE'S CONVENIENT STORE

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Northern Marianas
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