



# NAD Newsletter

VOLUME 38 NO. 01

JANUARY 2020

## What is Intermittent Fasting?

### What to know

Intermittent fasting is a way of eating that focuses more on when you eat than what you eat. One popular interpretation, known as the 16:8 method, involves fasting for 16 hours and eating meals within an eight-hour window. With the 16:8 plan, you could have dinner at 7 p.m., skip breakfast the next morning, and eat lunch at 11 a.m.

Another approach: Set eating and fasting times for the week. You might follow your regular eating routine for five days of the week, for instance, but then drastically reduce your calories for the remaining two days. Fasting can also include completely restricting food for a full 24 hours, allowing only drinks such as water, unsweetened tea, and black coffee. Fasting can sound extreme until you consider that many of us fast without even realizing it. Did you get eight hours of sleep last night? That means you fasted for at least eight hours. (That's where we get "breakfast." You're breaking your overnight fast).

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Intermittent fasting can be done in many different ways, and your provider will work with you to determine if this is a safe and suitable option based on your individual needs.

### Find Out More

The research on intermittent fasting is limited. But small, short-term studies have shown that it may help some people lose weight.

Limiting the amount of food you eat and/or the length of time you allow yourself to eat can greatly reduce the total number of calories you consume. This type of calorie restriction often leads to weight loss, which may seem like a worthy benefit, considering it can help improve diabetes management.

But it's not so simple. Restricting the foods that provide your body with nutrients may lead to headaches and low energy, making fasting difficult to sustain. And, more important, weight-loss benefits may be outweighed by [hypoglycemia](#) risks for those taking insulin, [sulfonylureas](#), or [meglitinides](#). Going too long without eating can cause blood glucose to drop.



# Deviled Eggs

## INGREDIENTS

- **Large Eggs** 6
- **Light mayonnaise** (plus 1 tsp) 2 tbsp
- **Mustard powder** (dry) 1/8 tsp
- **Pinch of salt** 1 pinch
- **freshly ground black pepper** 1



## Nutrition Facts

2 Servings

**Serving Size**

- 1/2 large egg

**Amount per serving** **Calories 45**

**Total Fat** 3g

- Saturated Fat 1g
- **Cholesterol** 95mg
- **Sodium** 70mg
- **Total Carbohydrate** 1g  
Dietary Fiber 0g  
Total Sugars 0g
- **Protein** 3g
- **Potassium** 35mg

## DIRECTIONS

1. Place the eggs in a small saucepan so that they won't bounce or move around and crack. Cover with water. Bring to a boil. Immediately turn off and cover. Let sit for 15- 8 minutes to continue cooking. Pour Out the hot water. Shake the eggs in the pan to crack the shells. Add cold water and let sit. (This will make them easier to peel.)
2. Peel the eggs and cut them in half vertically. Remove yolks, place them in a small bowl, and mash with a fork. Add mayo, mustard, salt and pepper. Fill egg whites with mixture. Garnish with sliced grape tomatoes, sliced olives, sliced radishes, sliced scallions, or a drop of caviar or truffle paste. (Garnishes are optional.)

### ORIENTATION SCHEDULE FOR SAIPAN

Orientation begins at **8:00**

01/06/20	MONDAY
01/07/20	TUESDAY
01/13/20	MONDAY
01/14/20	TUESDAY
01/21/20	TUESDAY
01/27/20	MONDAY
01/28/20	TUESDAY

### NAP CONTACT NOS.

Administration	237-2842 237-2843
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Benefit Issuance & Claims Accountability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-9354

### 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**

#### January 2020

Jan. 02, 2020	THUR	Case Record ID ending with '1'
Jan. 03, 2020	FRI	Case Record ID ending with '2'
Jan. 06, 2020	MON	Case Record ID ending with '3'
Jan. 07, 2020	TUE	Case Record ID ending with '4'
Jan. 08, 2020	WED	Case Record ID ending with '5'
Jan. 09, 2020	THU	Case Record ID ending with '6'
Jan. 10, 2020	FRI	Case Record ID ending with '7'
Jan. 13, 2020	MON	Case Record ID ending with '8'
Jan. 14, 2020	TUE	Case Record ID ending with '9'
Jan. 15, 2020	WED	Case Record ID ending with '0'

#### February 2020

Feb. 03, 2020	MON	Case Record ID ending with '1'
Feb. 04, 2020	TUE	Case Record ID ending with '2'
Feb. 05, 2020	WED	Case Record ID ending with '3'
Feb. 06, 2020	THU	Case Record ID ending with '4'
Feb. 07, 2020	FRI	Case Record ID ending with '5'
Feb. 10, 2020	MON	Case Record ID ending with '6'
Feb. 11, 2020	TUE	Case Record ID ending with '7'
Feb. 12, 2020	WED	Case Record ID ending with '8'
Feb. 13, 2020	THU	Case Record ID ending with '9'
Feb. 14, 2020	FRI	Case Record ID ending with '0'

### BENEFIT AND RECERTIFICATION SCHEDULE FOR TINIAN AND ROTA

TINIAN		ROTA	
01/30/20	Thursday	01/31/20	Friday
02/27/20	Thursday	02/28/20	Friday

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Limiting food could also lead to overly restrictive habits during fasting hours or binge eating during feasting hours, which makes it hard to maintain stable blood glucose levels. Disordered eating, not uncommon for people with diabetes, may mean fasting is inadvisable.

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### TAKEAWAY

There isn't enough research to support intermittent fasting as a safe long-term practice for people with diabetes. If you decide to try it, work with your health care provider to form a safe and sustainable strategy. You'll likely need to change your medication plan if you take insulin, sulfonylureas, or meglitinides, for instance. And you'll need to stay hydrated with water to protect your kidneys. Ultimately, the ideal strategy for weight loss is one that's medically safe, complements your lifestyle, and is easy to follow.

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

1. JOETEN SHOPPING CENTER - SU-SUPE
2. HERMAN'S MODERN BAKERY
3. DJ FISH MOBILE
4. 3 KINGS MARKET
5. U-SAVE MARKET

## ADOBO MEAT

### Directions:

1. CRUSH garlic. SET aside.
  2. CUT meat into bite-sized pieces. SET aside.
  3. In a medium pot, MIX vinegar, water, and soy sauce.
- ADD garlic, meat, bay leaf, salt, and pepper.
4. Bring mixture to a BOIL. STIR.
  5. LOWER heat, COVER and SIMMER for 30 minutes (45 minutes for pork).
  6. UNCOVER and SIMMER until liquid evaporates and meat is lightly BROWNED.
  7. ADD peas, STIR and COOK until heated.

### Variations:

Pork or chicken are commonly used.  
Add potatoes and vegetables as desired.

### Ingredients:

- 1 clove garlic
- 1 pound boneless meat
- 3 tablespoons vinegar
- ½ cup water
- 1 tablespoon soy sauce
- 1 bay leaf
- salt to taste
- ½ teaspoon pepper
- 1 cup peas



### Nutrition Facts

Serving Size 3/4 cup (192g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	12 %
Saturated Fat 3g	15 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 65mg	22 %
<b>Sodium</b> 490mg	21 %
<b>Total Carbohydrate</b> 6g	2 %
Dietary Fiber 2g	7 %
Sugars 2g	
<b>Protein</b> 25g	
Vitamin A 8%	Vitamin C 6%
Calcium 2%	Iron 8%

\*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



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