



NAD Newsletter

VOLUME 38 NO. 03

MARCH 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 (2h) 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.

Orange Glazed Tilapia with Cilantro Kale & Collard Greens

DIRECTIONS

1 Prepare the ingredients & make the glaze: Wash and dry the fresh produce. Halve, peel, and thinly slice the onion. Peel and roughly chop 2 cloves of garlic. Combine in a bowl. Separate the kale and collard green leaves from the stems; discard the stems, then roughly chop the leaves. Combine in a bowl. Halve the orange crosswise. Squeeze the juice of one half into a medium bowl. Peel and medium dice the remaining half. To the bowl of orange juice, add the diced orange, raisins, and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Season with salt and pepper; stir to combine.

Start the greens: In a medium pot, heat 1/2 teaspoon of olive oil on medium-high until hot. Add the prepared onion and garlic; season with salt (optional) and pepper. Cook, stirring frequently, 4 to 5 minutes, or until softened. Add the chopped kale and collard greens; season with salt (optional) and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.

Finish the greens: Add 1/2 cup of water (carefully, as the liquid may splatter) to the pot; season with salt and pepper. Loosely cover the pot with foil and cook, stirring occasionally, 5 to 7 minutes, or until the greens are wilted. Remove the foil and continue to cook, stirring occasionally, 1 to 2 minutes, or until most of the water has cooked off. Turn off the heat; stir in the cilantro pesto. Taste, then season with salt and pepper if desired.

Cook the fish & serve your dish: Meanwhile, pat the fish dry with paper towels. Season with salt (optional) and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned fish and cook 3 to 4 minutes, or until lightly browned. Flip and cook 2 minutes. Add the glaze (carefully, as the liquid may splatter).

INGREDIENTS

- **black pepper to taste** 1 pinch
- **olive oil** (divided use) 2 1/2 tsp
- **golden raisins** 1 1/2 tbsp
- **crushed red pepper flakes** 1/4 tsp
- **collard greens** 1 bunch (about 6 oz)
- **navel orange** 1
- **Garlic** 2 clove
- **Water** 1/2 cup
- **Kale** 1 bunch (about 6 oz)
- **yellow onion** 1
- **cilantro pesto** 1/4 cup
- **Tilapia** 2 filets (about 10 oz total)

Nutrition Facts

- **Amount per serving**
- **Calories 390**

Total Fat 17g
 • Saturated Fat 3g
 • Trans Fat 0g
Cholesterol 75mg
Sodium 230mg
Total Carbohydrate 29g
 • Dietary Fiber 7g
 • Total Sugars 14g
Protein 35g
Potassium 730mg



Cook, frequently spooning the glaze over the fish, 1 to 2 minutes, or until the fish is coated and cooked through.* Turn off the heat. Serve the finished greens topped with the cooked fish and glaze. Enjoy!

*An instant-read thermometer should register 145°F.

ORIENTATION SCHEDULE FOR SAIPAN

Orientation begins at **8:00** a.m. on the following dates.

03/02/20	MONDAY
03/03/20	TUESDAY
03/09/20	MONDAY
03/10/20	TUESDAY
03/16/20	MONDAY
03/17/20	TUESDAY
03/23/20	MONDAY
03/30/20	MONDAY
03/31/20	TUESDAY

NAP CONTACT NOS.

Administration	237-2842
	237-2843
FAX	664-2850
Accounting	237-2851-3
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

MARCH 2020

Mar 02, 2020	MON	Case Record ID ending with '1'
Mar 03, 2020	TUE	Case Record ID ending with '2'
Mar 04, 2020	WED	Case Record ID ending with '3'
Mar 05, 2020	THU	Case Record ID ending with '4'
Mar 06, 2020	FRI	Case Record ID ending with '5'
Mar 09, 2020	MON	Case Record ID ending with '6'
Mar 10, 2020	TUE	Case Record ID ending with '7'
Mar 11, 2020	WED	Case Record ID ending with '8'
Mar 12, 2020	THU	Case Record ID ending with '9'
Mar 13, 2020	FRI	Case Record ID ending with '0'

APRIL 2020

April 01, 2020	WED	Case Record ID ending with '1'
April 02, 2020	THU	Case Record ID ending with '2'
April 06, 2020	MON	Case Record ID ending with '3'
April 07, 2020	TUE	Case Record ID ending with '4'
April 08, 2020	WED	Case Record ID ending with '5'
April 09, 2020	THUR	Case Record ID ending with '6'
April 13, 2020	MON	Case Record ID ending with '7'
April 14, 2020	TUE	Case Record ID ending with '8'
April 15, 2020	WED	Case Record ID ending with '9'
April 16, 2020	THUR	Case Record ID ending with '0'

BENEFIT AND RECERTIFICATION SCHEDULE FOR TINIAN AND ROTA

TINIAN		ROTA	
03/30/20	MONDAY	03/31/20	TUESDAY
04/29/20	WEDNESDAY	04/30/20	THURSDAY

Directions:

1. **DRAIN** tofu.
2. In a small bowl, **DICE** or **MASH** tofu.
3. Optional: **CRUSH** garlic.
SLICE - watercress, mushrooms, cheese, bell peppers, and green onions.
4. In a pan, **MELT** butter. **ADD** tofu.
5. **ADD** bean sprouts and optional ingredients. **SAUTÉ** over medium heat until lightly **BROWNED**.
6. **BEAT** eggs and **ADD** to tofu mixture. **COOK** until firm.
7. **SPRINKLE** salt and pepper to taste.
8. **STIR** and **COOK** until firm.

Variations:

Sauté one or more optional ingredients with tofu. Season to taste.

SCRAMBLED TOFU

Number of servings: 4

Ingredients:

- 1 (20-ounce) container tofu
- 1 tablespoon butter
- ½ (10-ounce) package bean sprouts
- 2 eggs
- salt and pepper to taste
- Optional: garlic
- watercress
- mushrooms
- cheese
- bell pepper
- green onions
- chop suey mix

Nutrition Facts

Serving Size 1/2 cup (206g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17 %
Saturated Fat 3g	14 %
Trans Fat 0g	0 %
Cholesterol 115mg	38 %
Sodium 130mg	6 %
Total Carbohydrate 6g	2 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 16g	

Vitamin A 4% Vitamin C 8%
Calcium 20% 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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

1. NEW FAMILY DISCOUNT MARKET
2. C-MARKET
3. RISING SUPERMARKET
4. U-SAVE MARKET (TINIAN)
5. LUCKY STORE (ROTA)

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