

Rev up your Appetite with the new Jeepney Asian Grill



GRAND OPENING HELD ON MARCH 25, 2009. Cerritos Mayor Bruce Barrows led the other city state officials in the ribbon-cutting ceremonies.

If you think that you've already tasted the best grills and dishes the Filipino cuisine has to offer, think again.

Inspired by the Philippines' most popular form of public transportation, the new Jeepney Asian Grill is now ready to take the City of Angels to an exciting culinary journey. True to its tagline, The Delicious Joyride, this superbly clean and comfortable casual dining restaurant will surely satisfy its customer's appetite with the choices of Filipino grills and favorites it offers. Among these mouth-watering meals include all-time Filipino favorites like Grilled Pork Skewers, Braised Pork Adobo, Grilled Chicken with special peanut sauce, Tamarind Shrimp and Salmon Sinigang Soup and Stir-fried Canton, all cooked to perfection.

In addition to the long list of its Filipino grills and favorites, Jeepney Asian Grill is also the best stop to enjoy a diverse mix of authentic Asian cuisine. Who could ever resist the luscious taste of Thailand's spicy Seafood in Green Curry, Japan's Grilled Salmon Teriyaki, Korea's Kalbi Beef Short ribs, and more, all beautifully and delectably presented by its well-trained and friendly staff.

The Jeepney Asian Grill is proudly owned and managed by Danny Moran, one of the Philippines' most respected and successful restaurateurs. Moran was the recipient of the Ernst and Young 10 Most Outstanding Entrepreneurs in 2005 and has been in the local and international food business for almost 30 years. Moran guarantees an exceptional food bonding to families and friends through Jeepney's great ambiance and quality service.

Jeepney Asian Grill carries the same thought that made this once U.S. military jeep a Filipino pride - creative, bright, unique and service-oriented. With its deliciously distinct value for money menu selection, superb service and a dash of world-renowned Filipino hospitality, the Jeepney Asian Grill team is all set to transport you to an exceptional dining experience like never before!

Jeepney Asian Grill is located at 11900 South St., Suite 101, Cerritos CA 90703. Call (562) 207-0070.*

*Advertising Supplement

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INSIDE OUT

by CORY QUIRINO
Inquirer.net

Perils of Sugar-free Food

According to Dr. Earl Mindell's *Vitamin Bible For The 21st Century*, people who drink diet sodas or eat food with sugar substitutes end up eating an average of 11 percent more fat. Dr. Mindell says the body has a tendency to make up for the loss of sugar by having more appetite for fat.

Vitamin C
According to the USDA Human Nutrition Research Center on Aging at Tufts University, daily Vitamin C supplements reduce the risk of developing cataracts. There are many forms of Vitamin C—from ascorbic acid to ester C to sodium ascorbate to calcium ascorbate. A new arrival in town is the US-manufactured Miracle C, which is calcium ascorbate (not derived from sodium). It's safe enough to consume on an empty stomach (unlike ascorbic acid).

Moreover, innumerable testimonies on the regular intake of 1,500-3,000 mg of Vitamin C say it can help prevent cold or flu.

Sources of carotenoid
Okra, spinach and watercress are natural sources of zeaxanthin, a carotenoid (phytochemical and antioxidant in plant-based food). It helps protect the eyes from free-radical damage and loss of vision.

Vitamin B6
What's popular these days is the low- or zero-carb diet. While this is effective for weight loss, over a period of time, there are health concerns.

The body will increase its need for B6 if one's diet is high in protein. B6 is needed for the production of antibodies and red blood cells. Natural food sources include brewer's yeast, wheat flour, liver, fish, soybeans, cabbage, egg, peanuts, oats and walnut.

B6 is also needed to prevent kidney stone formation, nervous and skin disorders, and helps assimilate fats and protein. Carbohydrates are important for the prevention of ketosis, an acid condition of the blood wherein your own body fat is used as energy, which is what happens in a high-protein, zero-carb diet.

Weight lifting
Exercise stimulates the release of growth hormones (G.H.), but not just any kind of exercise. Weight lifting, where there is muscular peak output (even if this is sustained briefly), promotes a significant release of G.H. Other forms of exercise, even if sustained, release negligible amounts only.

Remember: Exercise promotes sweat because amino acids are lost through perspiration. Take amino acid supplements in order to stimulate growth hormones. Start with a moderate weight training program and move your way up to a more intense workout.

Ice cravings
Constant craving for ice might indicate iron deficiency. Add more iron to your diet (liver, red meat, oysters, asparagus, oatmeal). Also, take 30-100 mg of iron daily.

Energy drink
In a blender, mix one cup of chopped pineapples and one cup of chopped oranges. Add two sprigs of mint and five ice cubes. Refresh yourself.
Love and light!