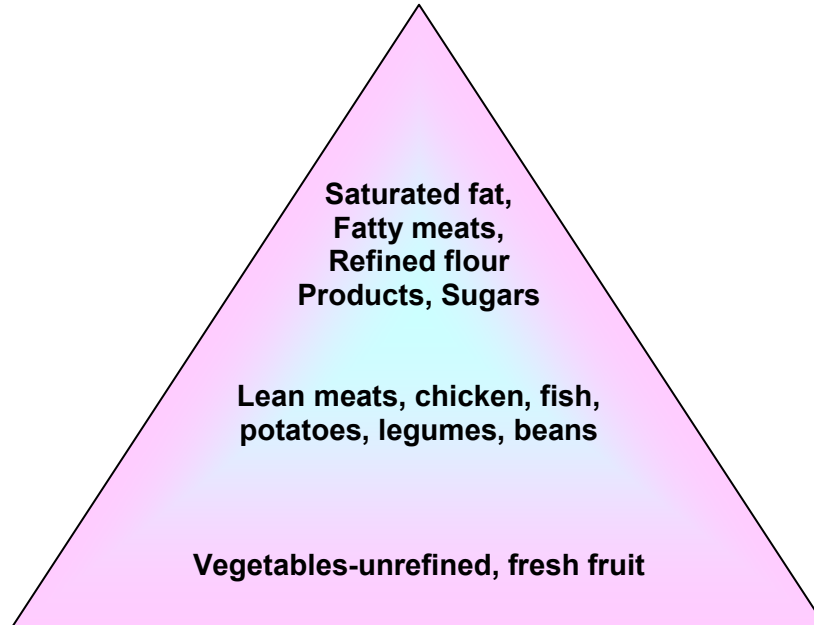


Practicing the Cardinal Rules of Nutrition

The Gage Food Pyramid
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*The Cardinal Rules

Follow the example and learn what to eat in three simple steps!

I was originally hesitant to put in a chapter on “Food Menus and Diets”. After all the concept of my book is behavior modification, not enforced diets. However after much thought I decided to take my “nutritional cardinal rules” and show you how easy it is to incorporate it into your eating style.

The following is not meant to be a comprehensive compendium of diets but rather a series of examples showing you how to apply my rules. Notice I will not talk much about portion size and calorie counting but it is obvious that portion control especially with the high end caloric foods is critical. So let’s get started! We will do the following- a) Let’s review the cardinal rules: #1- Light colored meats and animal products are better than dark colored products in the animal kingdom. #2- Refine animal products- that is, take out the fat. Leave vegetable products untouched by human hands. #3- Vegetable products in general are better than animal products. Now let’s put this to work in Diet #1 and see how the rules affect the quality of the food we are going to eat.

Diet #1

Breakfast	Rule 1	Rule 2	Rule 3
Orange juice	Orange juice	Whole orange instead of juice	Orange & 1 banana

Bacon & eggs Sausage grilled with cheese	Egg white with turkey bacon, and cheese	Egg white with turkey bacon, and no fat cheese	
Black coffee	Black coffee	Black coffee	Black coffee
Lunch	Rule 1	Rule 2	Rule 3
Tuna & mayo in White pita bread with salad & fruit	White Albacore tuna & mayo in white pita bread with salad & fruit	Tuna & egg whites In natural wheat bread, salad, fruit	Salad with low cal dressing & 1 fruit, Whole wheat bread
Dinner			
Steak, mashed potato, roll broccoli, onion rings, ice cream, nuts	White chicken or turkey meat, mashed potatoes, broccoli, roll, onion rings, ice cream, nuts	White chicken or turkey meat, no skin, whole baked potato, whole wheat roll, broccoli, sliced onions, nuts, no fat ice cream	Baked potato, onion with salad, fruit or fresh nuts, whole wheat roll

After this demo, I want you to notice that the intensity of the diet is actually left up to you. As you apply each rule, the diet becomes progressively healthier and less caloric in nature. You can use the rule to any extent you wish. For example you can go to Rule #3 at breakfast but only go to Rule #2 for lunch and perhaps only Rule #1 for dinner. This will automatically change the quality of the type of food you are eating without really thinking about how the food calorically affects your lifestyle. Realize also that there are some all-vegetable products that are quite high in calories, such as nuts and avocado. For a full description of the Cardinal Rules, see page 73 under nutritional techniques. Now let's look at other samples of diets and see how the cardinal rules again work to help you decide on the type of food that you will be eating.

Diet #2

Breakfast	Rule 1	Rule 2	Rule 3
Two eggs, bacon, ham, sausage, bagel	Egg whites with lean ham, bagel	Egg white with lean low fat ham, all natural bread 7 grain	7 grain bread, add fresh fruit
Lunch			
Fried eggplant parmigiana with French fries	Fried eggplant parmigiana with French fries	Baked eggplant made with low fat parmigiana cheese and baked potato	Eggplant ratatouille and baked potato
Dinner			
Chicken soup Deep fried shrimp, creamy cole slaw,	Chicken soup, Deep fried shrimp, creamy cole slaw,	Low fat chicken broth, grilled shrimp, cabbage	Vegetable soup, Tossed cabbage salad and other

mashed potatoes	mashed potatoes	salad, sweet potato	veggies, sweet potato grilled
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Diet #3

Breakfast	Rule 1	Rule 2	Rule 3
Orange juice Ham and egg, croissant, chocolate danish, coffee	Orange juice Turkey and egg whites, croissant, chocolate danish, coffee	Whole orange Lean turkey, egg white on 7 grain bread, coffee, fruit	Whole orange, 7 grain bread, mixed fruit bowl
Lunch			
Chef's salad (roast beef, turkey, boiled egg, swiss cheese, ham on lettuce), French dressing, crackers or roll, strawberry shortcake	Chef's salad (white turkey, hard boiled egg whites, swiss cheese, lettuce) French dressing, crackers or roll, strawberry shortcake	Chef's salad (white lean turkey, egg white, no fat swiss cheese, lettuce) vinegar dressing, whole wheat cracker, strawberries	Tossed salad, vinegar dressing, whole wheat crackers, strawberries
Dinner	Rule 1	Rule 2	Rule 3
Yankee bean soup, fried crab cakes, tartar sauce, white rice, cheese cake, soda	Yankee bean soup, fried sole, tartar sauce, white rice, cheese cake, soda	Yankee bean soup (no added oils), baked sole, cucumbers, wild rice, no fat cheese cake, Perrier water or seltzer	Yankee bean soup, cucumbers, wild rice, soy cheese cake with natural bran crust, seltzer

Diet #4

Breakfast	Rule 1	Rule 2	Rule 3
Belgian waffle with butter, syrup, whipped cream, fruit on top	same	Whole wheat waffle, low fat butter buds, no fat whipped cream, fresh fruit	Whole wheat waffle with fresh fruit
Lunch			
Frankfurter on roll with sauerkraut, pickle relish, baked beans, creamy cole	Turkey burger on roll with sauerkraut, pickle relish, baked beans, creamy cole	Lean turkey burger on whole wheat roll, fresh beans, shredded cole slaw	Veggie burger or tofu burger on whole wheat roll, fresh beans,

slaw	slaw	cucumbers	shredded cole slaw, cucumbers
Dinner	Rule 1	Rule 2	Rule 3
Southern fried dark chicken pieces, tossed salad, corn muffin, blueberry pie	White fried chicken, tossed salad, corn muffin, blueberry pie	Baked white chicken, no skin, tossed salad, corn on cob, fresh blueberries	Baked sweet potato, Tossed salad, corn on cob Blueberries

Diet #5

Breakfast	Rule 1	Rule 2	Rule 3
Orange juice, French toast, powdered sugar, butter, maple syrup, sausage, chocolate donut, coffee	Orange juice, lean ham, French toast, powdered sugar, butter, maple syrup, chocolate donut, coffee	Whole orange, All natural oat bran muffin with carob covered nuts, no fat ham, coffee	Whole orange, oat bran muffin, carob covered nuts Coffee
Lunch	Rule 1	Rule 2	Rule 3
Hot Reuben's sandwich (corned beef, melted swiss cheese, sauerkraut), rye bread, apple turnover	Same except for Albacore white tuna melt	White tuna, low fat swiss cheese, lettuce, tomato, 7 grain bread, cabbage salad, baked apple	Grilled tofu, 7 grain bread, baked apple
Dinner			
Chicken and rice soup, broiled liver with onions, creamed spinach, chocolate layer cake	White chicken and rice soup, grilled veal chop, onions, creamed spinach, chocolate layer cake	White chicken with all natural rice soup, lean grilled veal chop, spinach salad, All natural muffin covered with carob	Vegetable rice soup, spinach salad, All natural muffin covered with carob

Note that for each Cardinal Rule, there is a spectrum of intensity that can be “tuned” by the individual dieter. Let’s look at each rule and show you an example of this. We will go from highest in calories to lowest in calories.

Rule 1—Liver is a very dark meat—Steak which is slightly lighter---Veal, still lighter—Chicken, still lighter---
Flounder, very white

It's up to you how far to carry the change but as you go lighter, you reduce calories. The same is true for Rule #2.

Rule 2—Refining Animal Products: Fried chicken---Broiled Chicken—Skinless Broiled Chicken—White Low Fat Chicken Slices.

Untouched Vegetables: Corn Oil—Creamed Corn—Canned Corn—Corn On The Cob

Apple Juice—Apple Sauce—Whole Apple

Rule 3-The highest calories in the vegetable kingdom would include: Nuts and Avocado—followed by Peas, Corn, and Squash—with the lowest being Colorful Green, Red, and Yellow Vegetables.

Though the Three Cardinal Rules are simple to understand, the combination of intensity and degree will help you decide how aggressively to pursue them.

*Book Excerpt The Thinderella Syndrome (Vantage Press 2004) by Dr. Dennis Gage
Chapter 11 The Cardinal Rules