



The 4Leaf Survey

For estimating the percent of your calories from whole plants

As you know, **4Leaf** was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percentage of their calories from whole, plant-based foods -- still in nature's package. This survey identifies your estimated **4Leaf** "level" of eating. Note that even the **1Leaf** level is in the top 10%---when it comes to healthy eating. These 12 questions will give you a pretty good idea of how you can improve your score.

(Modified on 10-30-15 by J. Morris Hicks. Intellectual property of 4Leaf Global, LLC)

Take 2 minutes, be honest, circle your answers and tally your score. (A serving = about 1/4 of a plate)

| | | | | | |
|----|---|--------------|--------------|----------------|-------------|
| 1 | Fresh fruit. On average, how many daily servings of whole, fresh fruit do you eat? (Fruit juice doesn't count; not a whole plant) | Zero 0 | 1-2 +6 | 3-5 +12 | 6+ +14 |
| 2 | Whole vegetables. On average, how many daily servings of whole vegetables do you eat? | Zero 0 | 1-2 +6 | 3-5 +12 | 6+ +14 |
| 3 | Whole grains, legumes, potatoes or other starches. On average, how many daily servings of these foods do you eat? | None 0 | 1-2 +6 | 3-5 +12 | 6+ +14 |
| 4 | Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds? | No 0 | Maybe 0 | Not sure 0 | Yes +2 |
| 5 | Dairy foods. How many days per week do you <i>eat</i> dairy foods like cheese, yogurt and ice cream? (Soy does not count) | Zero 0 | 1-2 -3 | 3-5 -5 | 6-7 -7 |
| 6 | Eggs. How many days per week do you either eat eggs or add them as an ingredient when cooking? | Zero 0 | 1-2 -2 | 3-5 -4 | 6-7 -6 |
| 7 | Cow's milk or cream. How many days per week do you <i>drink</i> them or add to your food, like cereal, coffee, etc.? | Zero 0 | 1-2 -1 | 3-5 -3 | 6-7 -5 |
| 8 | Added Sugar. Are you really serious about eliminating added sugar at home and in food products that you buy? | You bet 0 | Fairly -1 | Not very -2 | No -3 |
| 9 | White flour. Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these foods? | Zero 0 | Light -1 | Medium -3 | Heavy -5 |
| 10 | Sweets & Salty Snacks. How would you best describe your consumption level of these unhealthy foods? | Minimal 0 | Light -1 | Medium -3 | Heavy -5 |
| 11 | Meat, poultry and fish. How many of your meals per week include any animal flesh? (beef, pork, lamb, chicken, turkey or fish) | 0 to 1 0 | 2-5 -3 | 6-11 -6 | 12+ -10 |
| 12 | Vegetable Oil. How many of your meals per week include oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant) | 0 to 1 0 | 2-5 -1 | 6-11 -2 | 12+ -3 |

Subtract "negative" points from "plus" points to get Net Points. Use chart below to determine 4Leaf level.

| Plus points = | Negative points = | Net Points = | 4Leaf Level = |
|---------------|-------------------|--------------|---------------|
|---------------|-------------------|--------------|---------------|

| Net Points (-44 to +44) | 4Leaf Program Levels of Eating | % of Daily Calories from whole plant foods | Net Points (-44 to +44) | Estimated % of the population |
|----------------------------|-----------------------------------|---|----------------------------|----------------------------------|
| 30 to 44 | 4Leaf | 80 to 100% | 30 to 44 | 1% "Top 1%" |
| 20 to 29 | 3Leaf* | 60 to 79% | 20 to 29 | 2% "Top 3%" |
| 10 to 19 | 2Leaf | 40 to 59% | 10 to 19 | 3% "Top 6%" |
| 0 to 9 | 1Leaf | 20 to 39% | 0 to 9 | 4% "Top 10%" |
| -1 to -20 | Better than most | 10 to 19% | -1 to -20 | 25% "Top 35%" |
| -21 to -44 | Unhealthful Diet** | Less than 10% | -21 to -44 | 65% "Majority" |

*If you scored 3Leaf but had "net points" of at least 24, and no more than 4 "negative" points, you are a 4Leaf-er.

**The typical Western diet --- with meat, dairy, eggs, oil, seafood and highly processed carbs at almost every meal

Notice that **4Leaf** eating is not necessarily vegetarian or vegan. But if you choose to routinely include dairy, meat, eggs, fish, oil, sugar & processed foods in your diet, you will have a difficult time reaching the **4Leaf** level. Wishing you the best in your pursuit of vibrant health & optimal weight. Be well, from the entire team at 4Leaf Global.

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