

3Leaf level—Auto 4Leaf Survey Report

Since you scored at the very healthy **3Leaf** level, this custom report was designed to help you further improve your score AND to better prepare you to assist others in taking charge of their health. Here is what we say about the **3Leaf** level:

Already eating a superior diet, this group is deriving well over half of their calories from health-promoting, whole, plant-based foods and has experienced many of the benefits healthy eating. They are right on the verge of the **4Leaf** level.

So let's get started. Just follow this simple advice from Dr. T. Colin Campbell, which summarizes his life's work in the field of nutritional science: "The closer we get to eating a diet of whole, plant-based foods, the better off we will be." The survey you just completed helps us estimate the percentage of your daily calories that are derived from those "whole, plant-based foods."

At the **3Leaf** level, we estimate that you're currently deriving over 60% of your total calories from whole, plant-based foods; and are just on the verge of the **4Leaf** level that begins at 80%. This report will offer a few ways to further improve your diet and will help as you explain the **4Leaf** approach to others.

Moving up the 4Leaf scale. Scoring at the **3Leaf** level, there are several ways that you can eat a little better. We call these **health-promoting opportunities!** Our scoring system is based on "plus" points for eating whole plants and "minus" points for everything else. First, take a look at your responses to questions 1 to 3. If you did not select at least 3 servings on each of those questions, you will improve your health by increasing these types of food in your diet.

Now, take a look at your responses to questions 5 through 12. When your answers were not the **first** one of the four choices, you received negative points on those questions. Cut back or eliminate some of the remaining animal-based or highly processed foods in your diet--and replace those calories with more whole, plant-based foods (Questions 1 through 3). That is your best opportunity to move permanently up to the **4Leaf** level.

What about question 4, regarding omega-3? If your answer was anything other than "Yes" on this question, you're probably thinking you need to consume a little fish or fish oil in order to get enough of this nutrient. You don't. Per Dr. Campbell, as you add lots of whole plants in your diet, less meat & dairy means less omega-6s and lessens the need for omega-3s. Therefore, with a whole food, plant-based diet, you will have little, if any, need to add more omega-3 to your diet. To play it safe; a little flaxseeds, walnuts, hemp or chia seeds can help remove your fears of being deficient in this widely misunderstood nutrient.

Sharing 4Leaf for Life. Thank you for taking the **4Leaf Survey**. If you found it helpful, please share it with others. As you move up the **4Leaf** scale, you may occasionally be asked about your recent weight-loss or your overall healthier appearance. When friends or family ask about your secret, you can tell them that achieving *vibrant health* begins with eating a near-optimal diet, and that weight-loss is a natural fringe benefit of taking charge of your health by adding lots of whole, plant-based foods to your diet. Finally, you might encourage them to take the **4Leaf Survey** themselves. Best wishes for a long and healthy life from the **4Leaf** team.

*For recipes, tips for eating 4Leaf outside the home and much, much more, visit 4leafprogram.com.
For guidance in taking charge of your health, our "4Leaf Guide to Vibrant Health" is available on Amazon.*



Note. While we don't recommend the consumption of ANY animal products, **4Leaf** is not necessarily vegetarian or vegan. Remember, following a strict vegan diet (avoiding all animal products) is not nearly as important as eating a diet rich in whole grains, legumes, fresh fruits & vegetables. That said, if you continue to include meat and dairy in your routine meals, you are likely to have trouble reaching the **4Leaf** level--and the vibrant health you deserve.

Caution: Eating this way may quickly decrease your need for medications. You should tell your physician what you're doing. If he/she is unfamiliar with this eating-style, please direct him/her to nutritionstudies.org and plantrician.org.