

## Unhealthful Diet (UD level)—Auto 4Leaf Survey Report

As a consumer of the *typical Western* or the *standard American diet*, you scored at the same level as the majority of people in the developed world. Here's how we describe this "unhealthful" level of eating:

The Typical Western Diet (TWD) or Standard American Diet (SAD), with meat, dairy, eggs and/or highly-processed foods at almost every meal, is a very destructive diet-style. It provides very little fiber from whole plants and offers zero protection against chronic disease.

The **good news** is that you have a host of opportunities for improvement. 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 **TWD/SAD** level, we estimate that less than 10% of your total calories are derived from whole, plant-based foods, whereas the healthiest people are getting 80% or more. This report will show you how to improve your score and, more importantly, your health. It will also help as you explain the **4Leaf** approach to others.

**Moving up the 4Leaf scale.** Scoring at the **TWD/SAD** level, there are many ways that you can improve your diet. 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 score 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 those animal-based or highly processed foods in your current diet and replace those calories with more whole, plant-based foods (Questions 1 through 3). Your best opportunity is to cut back on the oil, cream, milk, yogurt, cheese, eggs, meat, white flour and fish from your diet. Don't worry; you'll still be getting plenty of protein and calcium from the steadily increasing amount of whole plants in your routine meals.

**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](http://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](http://nutritionstudies.org) and [plantrician.org](http://plantrician.org).