



## The 4Leaf Survey 2019

A two-minute dietary assessment tool for “estimating” the percent of your calories that are derived from whole plants

4Leaf was designed to help you leverage the simple concept of maximizing the portion of your calories that come from **whole, plant-based foods**. Your answers to these 12 questions enable us to estimate your overall pattern of eating and will also make it clear what steps you might wish to take to improve your score and your overall health.

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Read carefully, be honest, circle your answers and tally your score. (A serving = about ¼ of a plate)

<b>1</b>	<b>Fresh Fruit.</b> Apples, plums, berries, pears...How many <b>daily servings</b> of these foods do you eat? (Juice is <b>not</b> whole plant)	None 0	1 +6	2-3 +12	4+ +14
<b>2</b>	<b>Whole Vegetables.</b> Broccoli, spinach, squash, asparagus...On average, how many <b>daily servings</b> of veggies do you eat?	None 0	1 +6	2-3 +12	4+ +14
<b>3</b>	<b>Whole Starch Foods.</b> Potatoes ( <b>Not</b> F. fries), grains, beans...How many <b>daily servings</b> of these calorie-dense foods do you eat?	None 0	1 +6	2-3 +12	4+ +14
<b>4</b>	<b>Omega-3s.</b> Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	No 0	Unsure 0	Likely +1	Yes +2
<b>5</b>	<b>Dairy Foods.</b> How many <b>days per week</b> do you <b>eat</b> dairy foods like cheese, butter, yogurt, ice cream? (Soy does not count)	Zero 0	1-2 -3	3-5 -5	6-7 -7
<b>6</b>	<b>Liquid Dairy (milk or cream)</b> How many <b>days per week</b> do you <b>drink</b> it or add to cereal or coffee? (Soy does not count)	Zero 0	1-2 -1	3-5 -3	6-7 -5
<b>7</b>	<b>Eggs.</b> How many <b>days per week</b> do you eat eggs or foods like French toast, where eggs are the primary ingredient?	Zero 0	1-2 -2	3-5 -3	6-7 -4
<b>8</b>	<b>“Added Sugars”</b> Are you serious about minimizing the “added” sugars that are so prevalent in most processed foods?	VERY 0	Fairly -2	Not very -3	No -4
<b>9</b>	<b>White Flour Foods.</b> Bread, pasta, cakes, cookies. How would you describe <b>your consumption level</b> of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
<b>10</b>	<b>Salty Snacks &amp; Sweets.</b> Chips, popcorn, soda, candy...How would you describe <b>your consumption level</b> of these foods?	Minimal 0	Light -1	Medium -3	Heavy -5
<b>11</b>	<b>Meat, Poultry and Fish.</b> How many <b>days per week</b> do you eat <b>any</b> kind of meat? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2 -3	3-5 -6	6-7 -10
<b>12</b>	<b>Vegetable Oil.</b> How many <b>days per week</b> do you consume oil, like olive, canola or coconut? (In salad dressings, oil spray)	0 to 1 0	2 -2	3-5 -3	6-7 -4

Subtract “minus” points from “plus” points to get Net Points. Use chart below to determine 4Leaf level.

“Plus” points =	“Minus” points =	Net Points =	4Leaf Level =
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Net Points (-44 to +44)	4Leaf Program Levels of Eating	Estimated % of 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	Unhealthy 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 “minus” points, you are a 4Leaf-er.

\*\*The typical western diet; with meat, dairy, eggs, oil, seafood and/or 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. For help, tips, and recipes, visit [4leafprogram.com](http://4leafprogram.com)

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