

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 providing almost no fiber from whole plants and offering 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 determine the approximate percentage of your daily calories that you are now deriving from those healthiest of foods.

At the **TWD/SAD** level, we estimate that you're currently deriving less than 10% of your total calories 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 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 questions 1 through 3. You will improve your health and your scores by eating more of these types of foods.

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 on or eliminate some of those animal-based and 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. 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" to 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 (and many other medical professionals), as you add more whole plants to your diet and decrease the amount of meat and dairy, you'll be consuming less omegas-6s, which will in turn decrease the need for as many 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, you can eat some flaxseeds, walnuts, hemp or chia seeds to 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.



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 will 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 or her to nutritionstudies.org and plantrician.org.