



## 4Leaf Survey---Daily Reporting Version

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 current **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, CEO, 4Leaf Global, LLC)

Take 2 minutes, be honest, circle your answers and tally your score. (A serving = about ¼ of a plate)

|           |                                                                                                                                                   |              |              |                |             |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|----------------|-------------|
| <b>1</b>  | <b>Fresh fruit.</b> How many <b>servings</b> of whole, fresh fruit did you eat today? (Fruit juice doesn't count; not a whole plant)              | Zero<br>0    | 1-2<br>+6    | 3-5<br>+12     | 6+<br>+14   |
| <b>2</b>  | <b>Whole vegetables.</b> How many <b>servings</b> of whole vegetables did you eat today?                                                          | Zero<br>0    | 1-2<br>+6    | 3-5<br>+12     | 6+<br>+14   |
| <b>3</b>  | <b>Whole grains, legumes, potatoes</b> or other starches. How many <b>servings</b> of these foods did you eat today?                              | Zero<br>0    | 1-2<br>+6    | 3-5<br>+12     | 6+<br>+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<br>0      | Maybe<br>0   | Not sure<br>0  | Yes<br>+2   |
| <b>5</b>  | <b>Dairy foods.</b> How many of your <b>meals</b> today included dairy foods like cheese, yogurt and ice cream? (Soy does not count)              | Zero<br>0    | 1<br>-3      | 2<br>-5        | 3<br>-7     |
| <b>6</b>  | <b>Eggs.</b> How many of your <b>meals</b> today included eggs or foods that were made with eggs?                                                 | Zero<br>0    | 1<br>-2      | 2<br>-4        | 3<br>-6     |
| <b>7</b>  | <b>Cow's milk or cream.</b> How many <b>times</b> today did you <u>drink</u> them or add them to your food, like cereal, coffee, etc.?            | Zero<br>0    | 1<br>-1      | 2<br>-3        | 3+<br>-5    |
| <b>8</b>  | <b>Added Sugar.</b> Are you <b>really serious</b> about eliminating added sugar at home and in food products that you buy?                        | You bet<br>0 | Fairly<br>-1 | Not very<br>-2 | No<br>-3    |
| <b>9</b>  | <b>White flour.</b> Bread, pasta, cakes, cookies, etc. How would you describe your <b>consumption level</b> today of these foods?                 | Zero<br>0    | Light<br>-1  | Medium<br>-3   | Heavy<br>-5 |
| <b>10</b> | <b>Sweets &amp; Salty Snacks.</b> How would you best describe your <b>consumption level</b> today of these unhealthy foods?                       | Minimal<br>0 | Light<br>-1  | Medium<br>-3   | Heavy<br>-5 |
| <b>11</b> | <b>Meat, poultry and fish.</b> How many <b>meals</b> today included any animal flesh? (beef, pork, lamb, chicken, turkey or fish)                 | Zero<br>0    | 1<br>-3      | 2<br>-6        | 3<br>-10    |
| <b>12</b> | <b>Vegetable Oil.</b> How many of your <b>meals</b> today included any oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant) | Zero<br>0    | 1<br>-1      | 2<br>-2        | 3<br>-3     |

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

|                      |                          |                     |                      |
|----------------------|--------------------------|---------------------|----------------------|
| <b>Plus points =</b> | <b>Negative points =</b> | <b>Net Points =</b> | <b>4Leaf Level =</b> |
|----------------------|--------------------------|---------------------|----------------------|

| <b>Net Points</b><br>(-44 to +44) | <b>4Leaf Program</b><br><b>Levels of Eating</b> | <b>% of Daily Calories</b><br><i>from whole plant foods</i> | <b>Net Points</b><br>(-44 to +44) | <b>Estimated %</b><br>of the population |
|-----------------------------------|-------------------------------------------------|-------------------------------------------------------------|-----------------------------------|-----------------------------------------|
| 30 to 44                          | <b>4Leaf</b>                                    | 80 to 100%                                                  | 30 to 44                          | 1% "Top 1%"                             |
| 20 to 29                          | <b>3Leaf*</b>                                   | 60 to 79%                                                   | 20 to 29                          | 2% "Top 3%"                             |
| 10 to 19                          | <b>2Leaf</b>                                    | 40 to 59%                                                   | 10 to 19                          | 3% "Top 6%"                             |
| 0 to 9                            | <b>1Leaf</b>                                    | 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.