



## The 4Leaf Survey

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 estimated **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 Feb. 2019 by J. Morris Hicks. Intellectual property of 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> On average, how many <b>daily servings</b> of whole, fresh fruit do you eat? (Fruit juice is <b>not</b> a whole plant)	Zero 0	1-2 +6	3-5 +12	6+ +14
<b>2</b>	<b>Whole vegetables.</b> On average, how many <b>daily servings</b> of whole vegetables do you eat?	Zero 0	1-2 +6	3-5 +12	6+ +14
<b>3</b>	<b>Whole grains, beans, potatoes</b> or other starches. On average, how many <b>daily servings</b> of these foods do you eat?	None 0	1-2 +6	3-5 +12	6+ +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	Maybe 0	Not sure 0	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, yogurt and ice cream? (Soy does not count)	Zero 0	1-2 -3	3-5 -5	6-7 -7
<b>6</b>	<b>Eggs.</b> How many <b>days per week</b> do you either eat eggs or eat foods that contain eggs in the ingredients?	Zero 0	1-2 -2	3-5 -4	6-7 -6
<b>7</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>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 0	Fairly -1	Not very -2	No -3
<b>9</b>	<b>White flour.</b> Bread, pasta, cakes, cookies, etc. How would you describe your <b>consumption level</b> of these foods?	Zero 0	Light -1	Medium -3	Heavy -5
<b>10</b>	<b>Sweets &amp; Salty Snacks.</b> How would you best describe your <b>consumption level</b> of these unhealthy foods?	Minimal 0	Light -1	Medium -3	Heavy -5
<b>11</b>	<b>Meat, poultry and fish.</b> How many of your <b>meals per week</b> include any animal flesh? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2-5 -3	6-11 -6	12+ -10
<b>12</b>	<b>Vegetable Oil.</b> How many of your <b>meals per week</b> include oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant)	0 to 1 0	2-5 -1	6-11 -2	12+ -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>
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<b>Net Points</b> (-44 to +44)	<b>4Leaf Program Levels of Eating</b>	<b>% of Daily Calories from whole plant foods</b>	<b>Net Points</b> (-44 to +44)	<b>Estimated % of the population</b>
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.

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