



The 4Leaf Survey

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)

1	Fresh fruit. On average, how many daily servings of whole, fresh fruit do you eat? (Fruit juice is not a whole plant)	None 0	1 +5	2-3 +12	4+ +14
2	Whole vegetables. On average, how many daily servings of whole vegetables do you eat?	None 0	1 +5	2-3 +12	4+ +14
3	Whole grains, beans, potatoes (not FF or bread) About how many daily servings of these foods do you eat?	None 0	1 +5	2-3 +12	4+ +14
4	Omega-3s. 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
5	Dairy Foods. How many days per week do you eat dairy foods like cheese, yogurt and ice cream? (Soy does not count)	Zero 0	1-2 -3	3-5 -5	6-7 -7
6	Eggs. How many days per week 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
7	Liquid Dairy (milk or cream) How many days per week do you drink it or add to cereal or coffee? (Soy does not count)	Zero 0	1-2 -1	3-5 -3	6-7 -5
8	Added Sugar. Are you really serious about eliminating added sugar at home and in food products that you buy?	Yes 0	Fairly -1	Not very -2	No -3
9	Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these kinds of flour-based food?	Minimal 0	Light -1	Medium -3	Heavy -5
10	Salty Snacks, chips, candy, soda. How would you best describe your consumption level of these unhealthy foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11	Meat, poultry and fish. How many of your meals per week include any animal flesh? (beef, pork, lamb, chicken, turkey or fish)	0 to 1 0	2-5 -3	6-11 -6	12+ -10
12	Vegetable Oil. How many of your meals per week 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 “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	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/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

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