



The 4Leaf Survey Daily Version 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)

1	Fresh Fruit. Apples, plums, berries... How many servings of these foods did you eat today? (Juice is not whole plant)	None 0	1 +4	2-3 +10	4+ +14
2	Whole Vegetables. Broccoli, spinach, squash, asparagus, etc. How many servings of veggies did you eat today?	None 0	1 +4	2-3 +10	4+ +14
3	Whole Starch Foods. Potatoes (Not F. fries), grains, beans... How many servings of these calorie-dense foods did you eat today?	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	Unsure 0	Likely 0	Yes +2
5	Dairy Foods. How many of your meals today included dairy foods like cheese, butter, yogurt, ice cream? (Soy does not count)	Zero 0	1 -3	2 -5	3 -7
6	Liquid Dairy (milk or cream) How many times today did you drink or add them to cereal, coffee, tea? (Soy doesn't count)	Zero 0	1 -1	2 -3	3 -5
7	Eggs. How many eggs and/or egg-foods like French toast or Soufflé, did you eat today ?	Zero 0	1 -2	2 -3	3+ -4
8	Added Sugar. Are you serious about minimizing “added” sugar which is so prevalent in most processed foods?	VERY 0	Fairly -2	Not very -3	No -4
9	White Flour Foods. Bread, pasta, cakes, cookies. How many times today did you eat these kinds of foods?	Zero 0	1 -1	2 -3	3 -5
10	Salty Snacks & Sweets. Chips, popcorn, soda, candy. How many times today did you eat these kinds of foods?	Zero 0	1 -1	2 -3	3 -5
11	Meat, poultry and fish. How many meals today included meat of any kind? (beef, pork, lamb, chicken, turkey or fish)	Zero 0	1 -3	2 -6	3 -10
12	Vegetable Oil. How many of your meals today included any oil, like olive, canola or coconut? (In salad dressings, oil spray)	Zero 0	1 -2	2 -3	3 -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

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