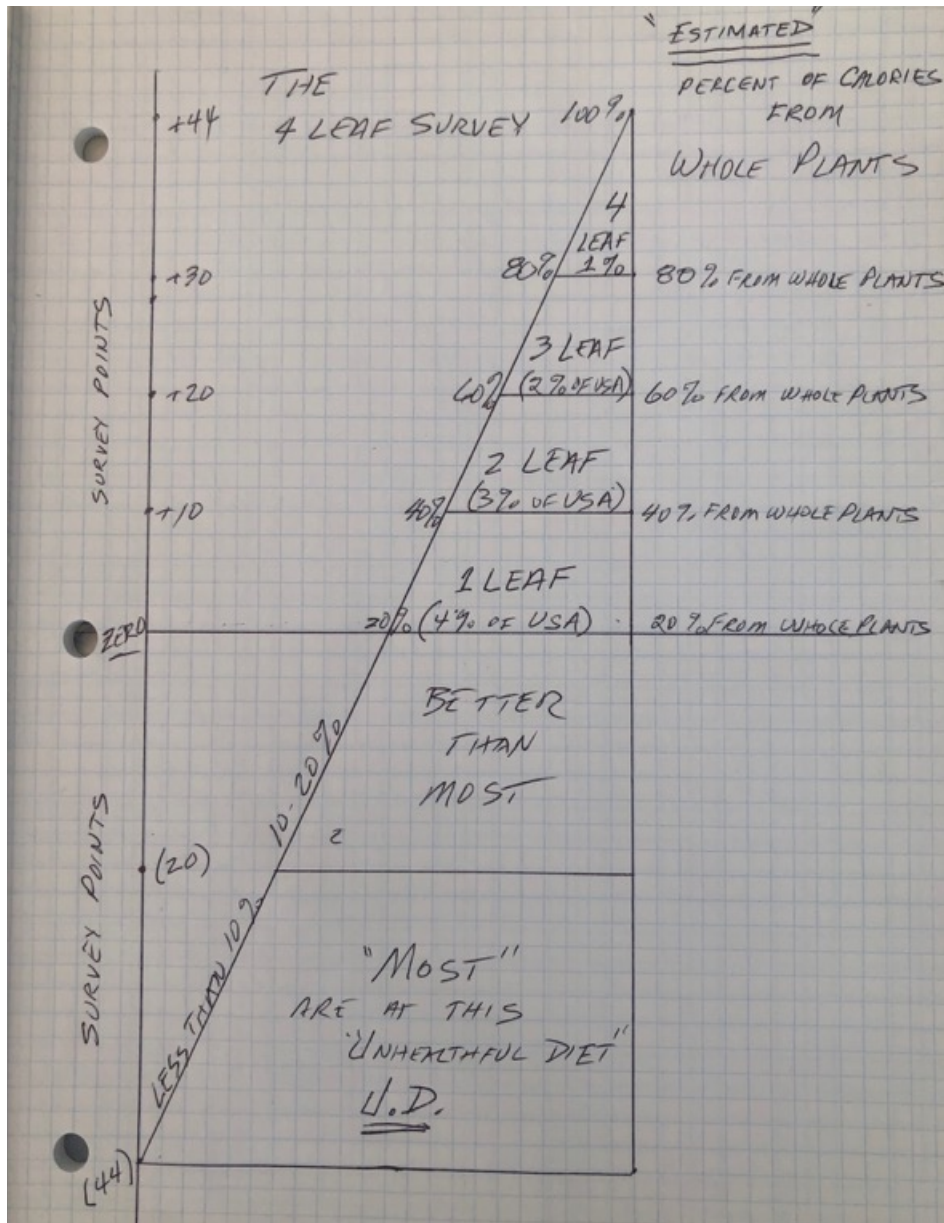


## The 4Leaf Triangle Paper



**Discussion.** The twelve questions on the 4Leaf Survey don't measure calories but by measuring eating patterns, it enables us to "estimate" the percent of calories from whole plants pretty well. It would be impossible to count the calories for many reasons, but it's easy and quick to answer 12 multiple-choice questions which place the survey-taker within the universe of six possible levels of eating. Scores range from minus 44 points to +44 points. We know that people scoring +44 are eating nearly 100% whole plants and that people scoring -44 points are eating close to none. That takes care of two of the six levels. The straight line of the hypotenuse of the above triangle enables us to determine a fair estimate of the other four levels of eating.

The only complaint I've ever heard about this survey is from a few very healthy eaters who were disappointed with their 3Leaf score when they know that they are eating at the 4Leaf level, so we tweaked the algorithm a bit, making it easier for healthy eaters to score in the 4Leaf range. But those aren't the people we're trying to help.

**Conclusion.** We're trying to help the people who score well below zero, which is 90% of the population if they're honest about their eating habits. This survey does an excellent job of engaging those people in the process and showing them exactly what food choices will help them improve their score AND their health.

*J. Morris (Jim) Hicks, creator of the 4Leaf Survey (May 3, 2019)*