



Date:

Name:

## Kids 4Leaf Survey! *For estimating how healthy you are eating*

**4Leaf** was designed to help people everywhere--including kids, to maximize the amount of the healthiest 4Leaf foods (whole plants) they eat each day with the goal of vibrant health. It's very important that kids start eating these foods as early as possible; as soon as solid foods are introduced. Parents and caretakers are role models and play a vital part by keeping the home stocked with 4Leaf foods: whole plant foods, including fruits, vegetables, 100% whole grains and legumes. It is best to eat them as close to the way we get them from nature. These foods are packed with the most nutrients and vitamins to: help avoid colds, flu, coughs, allergies, and ear infections; help you sleep better, give you more energy to run faster, help you learn quicker, help your complexion (clearer skin) and reduce the risk of disease.

The **goal** is to score as many **leaves** as you can in the quick 12-question survey below.  
*The more leaves, the higher/healthier your eating score will be! (Copyright © 2019, 4Leaf Global, LLC, 6-13-19)*

**Serving Size = one small fruit, like banana, orange or apple or about ¼ of a plate.**

**Circle your answers here.**

<b>1</b>	<b>Fresh fruit.</b> How many <b>pieces</b> or servings of <b>fresh</b> fruit do you <b>eat each day</b> ? Like apple, orange, banana, berries, or any other fruit. Fruit juice and fruit gummies don't count.	Zero 0	1 +6	2-3 +12	4+ +14
<b>2</b>	<b>Whole vegetables.</b> How many <b>servings</b> of vegetables do you <b>eat each day</b> ? Like salad, lettuce, carrots, broccoli, or other any other vegetables.	Zero 0	1 +6	2-3 +12	4+ +14
<b>3</b>	<b>Whole grains, legumes, or potatoes.</b> How many <b>servings</b> of these foods do you <b>eat each day</b> ? Potatoes, oatmeal, brown rice, quinoa, any beans, peas, or lentils. French fries don't count, because they are soaked in oil, which is 100% fat.	Zero 0	1 +6	2-3 +12	4+ +14
<b>4</b>	<b>Omega-3s.</b> Are you <b>eating</b> any of these omega-3 foods each day? Flax seeds and chia seeds, walnuts, or any unsalted raw or dry roasted nuts.	No 0	Maybe 0	Likely +1	Yes +2
<b>5</b>	<b>Dairy foods.</b> How many <b>times per day</b> do you <b>eat</b> dairy foods? Like: cheese, cheese pizza, mac and cheese, yogurt and ice cream.	Zero 0	1 -3	2 -5	3+ -7
<b>6</b>	<b>Dairy liquids (milk or cream).</b> How many <b>times per day</b> do you <b>drink</b> or add milk or cream to your food, like cereal?	Zero 0	1 -1	2 -3	3+ -5
<b>7</b>	<b>Eggs.</b> How many <b>times per day</b> do you <b>eat</b> eggs or products like French toast where eggs are the primary ingredient?	Zero 0	1 -2	2 -4	3+ -5
<b>8</b>	<b>Added Sugar.</b> How many <b>times per day</b> do you <b>eat</b> foods and drinks with sugar? Like cookies, candy, pastries, sports drinks, soda, Kool-Aid?	Zero 0	1 -1	2 -2	3+ -3
<b>9</b>	<b>Bread, pasta, cakes, cookies, etc.</b> How many <b>times per day</b> do you <b>eat</b> these kinds of food? Like bread, pizza, bagels, muffins, crackers, pasta, cake, cookies, etc.	Zero 0	1 -1	2 -3	3+ -5
<b>10</b>	<b>Salty / Fatty / Processed Snacks.</b> How <b>many</b> of these unhealthy foods do you <b>eat each day</b> ? Like chips, french fries, other, etc.	Zero 0	1 -2	2-3 -3	4+ -5
<b>11</b>	<b>Meat, poultry and fish.</b> How many of your meals per day <b>include</b> meat? Like hamburgers, hotdogs, chicken nuggets, deli meat, beef, pork, turkey, chicken, fish.	Zero 0	1 -3	2 -6	3 -10
<b>12</b>	<b>Oil.</b> How many of your <b>meals per day</b> <b>include</b> any oil or butter? Oils like olive, canola or coconut oils, fried foods, mayo, salad dressing. Note: all oil is 100% fat.	Zero 0	1 -2	2 -3	3 -4

*Your doctor or your parents/caretakers can help you total your points and review your healthy eating score with you.*

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

*Use 2<sup>nd</sup> page ("4Leaf Action Plan" and 4Leaf +Foods) to note areas of improvement to achieve a healthier 4Leaf eating score.*

"Plus" points =	"Minus" points =	Net Points =	4Leaf Level =
-----------------	------------------	--------------	---------------

Net Points (-44 to +44)	4Leaf Program Levels of Eating	% of Daily 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	3-Leaf*	60 to 79%	20 to 29	2% "Top 3%"
10 to 19	2-Leaf	40 to 59%	10 to 19	3% "Top 6%"
0 to 9	1-Leaf	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. For help, tips and recipes, visit [4leafprogram.com](http://4leafprogram.com)*

Date: \_\_\_\_\_ Name: \_\_\_\_\_

**4Leaf Action Plan**  
*(your doctor will fill out)*

	<b><i>Eat more+:</i></b>	<b><i>Eat less-:</i></b>
---	--------------------------	--------------------------

**Healthy 4Leaf foods: +foods**

*Note: These foods will help you increase your 4Leaf healthy eating score!*

**Fruit:**

- banana
- apple
- orange
- all berries
- grapes
- any other fruit that you like

**Vegetables:**

- salad
- carrot sticks
- celery sticks
- potatoes
- corn
- any other vegetable that you like

**Grains:**

- oatmeal (rolled oats)
- brown rice
- quinoa
- whole wheat couscous
- any other grain that you like

**Legumes:**

- all beans (black, lima, red, pinto, edamame/soy, any other type)
- peas
- lentils
- nuts (salt free, almonds, walnuts, peanuts, any other type)
- any other legume that you like