



4Leaf Self-Scoring Diagnostic Survey

For estimating where you stand on our 4Leaf Program

As you know, this program was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percent of their calories from whole, plant-based foods - still in nature's package. This survey will identify your approximate "level" of eating. Note that even our 1Leaf level is among the top 10% of all Americans. Also, the 12 questions below should give you a pretty good idea of how you can improve your score.

(Prepared on 3-31-12 by J. Morris Hicks. Intellectual property of the 4Leaf Program)

Take a few minutes, be honest, circle your answers and tally your score...

1	Fresh fruit. On average, how many daily servings of whole, fresh fruit do you eat? (Fruit juice doesn't count)	None 0	1-2 +5	3-5 +10	6+ +14
2	Whole vegetables. On average, how many daily servings of whole vegetables do you eat?	Zero 0	1-2 +5	3-5 +10	6+ +14
3	Whole grains, legumes (beans) or other starches. On average, how many daily servings of these foods do you eat?	Zero 0	1-2 +5	3-5 +10	6+ +14
4	Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	XXXX XXXX	Nope 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)	Never 0	1-2 -3	3-5 -5	6-7 -7
6	Eggs. How many days per week do you either eat eggs or add them as an ingredient when cooking?	Zero 0	1-2 -2	3-5 -4	6-7 -6
7	Cow's milk or cream. How many days per week do you drink them or add to your food, like cereal, coffee, etc.?	None 0	1-2 -1	3-5 -3	6-7 -5
8	Added Sugar. Are you really serious about eliminating added sugar at home or in food products that you buy?	You bet 0	Fairly -1	Not very -2	No -3
9	White flour. --Bread, pasta, cakes, cookies, etc. How would you describe your consumption level of these foods?	Zero 0	Light -1	Medium -3	Heavy -5
10	Sweets & Salty Snacks. 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 vegetable oil, like olive or canola? (Incl. restaurant meals)	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.

Plus points =	Negative points =	Net Points =	4Leaf Level =
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Net Points (-44 to +44)	4Leaf Program Levels of Eating	% of Daily Calories <i>from whole plant foods</i>	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"

*The typical Western diet --- with meat, dairy, eggs and highly processed carbohydrates at almost every meal

Thanks for your help. Someday this will be on a smartphone app---and you're helping to develop the algorithm. Please submit scores, questions & comments to: jim@4leafprogram.com No doubt, you will need to consume a great many whole fruits, veggies, grains, legumes, nuts & seeds---in order to reach 3 or 4Leaf. And, if you choose to routinely include dairy, meat, eggs, oil, sugar & processed foods in your diet, you will have a very hard time reaching the 4Leaf level. Wishing you the best in your pursuit of vibrant health & optimal weight. Be well, J. Morris Hicks. www.4leafprogram.com