



The 4Leaf Survey

For estimating the percent of your calories from whole plants

As you know, **4Leaf for Life** was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percentage of their calories from whole, plant-based foods -- still in nature's package. This survey identifies your current **4Leaf** "level" of eating. Note that even our **1Leaf** level is among the top 10% of the population. Also, the 12 questions below should give you a pretty good idea of how you can improve your score.

(Modified on 12-10-12 by J. Morris Hicks. Intellectual property of the 4Leaf Program)

Take 2 minutes, 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 doesn't count; not a whole plant)	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 <i>eat</i> 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 <i>drink</i> 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 and 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? (All oil is 100% fat, not whole plant)	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 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"

*The typical Western diet --- with meat, dairy, eggs, seafood 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