

7

WHAT DOES YOUR 4LEAF SCORE MEAN?

By Dr. Kerry Graff

The healthiest people on Earth get 80% or more of their calories from whole plant foods. Let's see how your diet compares. Now that you have your 4Leaf score, take a look at your *level of eating* below.

Unhealthful Diet. You are likely deriving less than 10% of your total calories from whole plant foods. This is the Typical Western Diet, also aptly known as SAD, or the Standard American Diet. You are eating some combination of meat, dairy, eggs, fish and/or highly processed foods at almost every meal. Currently, you are getting all of the health-damaging effects these foods cause, but you are NOT getting the health-promoting effects of whole, plant-based foods. Sadly, an estimated 65% of people living in western societies will score in this range.

Better Than Most. It is estimated that you are getting between 10-19% of your calories from whole plant foods. About 25% of people living in western societies will score

4LEAF GUIDE TO VIBRANT HEALTH

in this range. People at this level are often trying to eat a healthier diet. They frequently say things like “I have given up red meat and am watching what I eat.” Since about 65% of the western population scores in the “less-healthy” *Unhealthful Diet* range, you really are eating *better than most!* Unfortunately, however, you aren’t even close to eating a diet that is likely to help you achieve vibrant health.

1Leaf. You are likely getting between 20-39% of your calories from whole plants. Approximately 10% of people living in western society will score in this range or better. You are eating significantly more whole plants than the majority of folks, which sounds great until you realize that you need to more than double your consumption of whole plants to be eating optimally!

2Leaf. It is estimated that you are getting between 40-59% of your calories from whole plant foods. We estimate that only 3% of the population is eating better than you. No doubt already working hard to eat a healthy diet, with a little “tweaking”, you can easily move to the 4Leaf level and further raise your chances for a long, healthy life!

3Leaf. You are likely deriving between 60-79% of your calories from whole plants. Already eating a superior diet, you are likely experiencing many benefits from your healthy eating and are right on the verge of eating a 4Leaf diet.

4Leaf. Congratulations! It is estimated that you are deriving over 80% of your calories from whole plants and are among the healthiest eaters in the world. People in this group tend to have trim bodies, vibrant health, lots of energy, take no medications, almost never have ANY disease and will very likely live a long and healthy life.

You likely have questions about all of this. See next chapter.