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## FREQUENTLY ASKED QUESTIONS ABOUT THE 4LEAF SURVEY

By Dr. Kerry Graff

**1. How accurate is the 4Leaf survey?** You might be wondering how twelve multiple choice questions can be used to estimate your percentage of daily calories from whole plants. The key word is “estimate.” As of this writing, our survey has been taken over 40,000 times since it was developed in April of 2012, with adjustments made to the algorithm to enhance its ability to estimate the 4Leaf score. No survey can be completely accurate with all the food options available to us, but ours works pretty well.

If you disagree with your results on our survey, try counting your actual calories on a typical day to determine your precise 4Leaf level. Simply divide your whole plant calories by your total calories consumed. Another thing you can do is to analyze your typical shopping cart. Add up the total calories from whole plants and divide by the grand total of ALL the calories in your cart.

**2. Are fruitarians and raw vegans 4Leaf?** Yes, they are, since they get over 80% of their calories from whole plants, even if they do not score at that level on the survey. And there are other exceptions. Some people just eat very few calories, yet over 80% of them are from whole plants.

If you're one of those people, then you're eating at the 4Leaf level, even if the survey indicates that you aren't. Again, the survey is just a tool to help people become more aware of how healthy (or unhealthy!) they are eating and to help them understand how they can improve their score--and their health.

**3. What is the difference between 4Leaf and vegetarian or vegan?** When describing a diet-style, the "V" words only provide information about what you DON'T eat. Vegetarians don't eat animal flesh. Vegans don't eat animal flesh, dairy, eggs or any other animal products (like gelatin). 4Leaf, on the other hand, is about what you DO eat. The key to vibrant health (and the whole idea behind 4Leaf) is to get most of your calories from the healthiest of sources—whole plants. 4Leaf is about maximizing your consumption of whole plants (Questions 1-4) and minimizing the consumption of everything else. *That said, I do not recommend the consumption of ANY animal products.*

**4. Why don't I get points for fruit or vegetable juice on my survey?** First of all, juice is not a whole plant and the survey estimates your consumption of WHOLE plants. The good thing about drinking fruit or vegetable juice is that you ingest a ton of nutrients. But you also ingest a concentrated load of sugar and none of the fiber.

So juice is both good for you and not so good for you. Notice that, although juice doesn't count as positive points on the survey, it also doesn't count against your score.

**5. Why don't I get points for whole wheat bread, cereal or pasta?** While whole wheat bread and pasta are a heck of a lot better for you than the white flour versions, they are not as healthy as the unprocessed whole grains themselves. And, once again, they are NOT WHOLE PLANTS! This is another time when, although you don't get positive points for eating them, you don't get penalized either.

In the next chapter, I explain much more about the 4Leaf Survey and its uses.

**4Leaf Tool Kit.** Look for this at [4leafprogram.com](http://4leafprogram.com). There you will find printer-friendly, one-page forms for the Standard 4Leaf Survey and the Daily Reporting Version. You will also have access to the expanded survey results for each 4Leaf level, and much more.