

The eCornell University 4Leaf Survey

Name:

Date:

Your 4LSurvey Score										
Date Survey Completed										

What is Your Health Risk with Your Present Diet?
 The potential risk of diseases such as Alzheimer's Disease, Autoimmune diseases, Angina, Arthritis, Bowel Cancer, Breast Cancer, CHD, Diabetes, Hypertension, Liver Cancer, Lupus, MS, Osteoporosis, Prostate Cancer, Rheumatoid Arthritis, Stroke, and many more is closely linked to our diet.

Note that for most people a rapid shift in diet is not necessary but rather a steady change over a period of time makes more sense.

The chart opposite gives a schematic very simplified risk assessment of various mixed diets from a typical western mixed animal, dairy, and plant diet to a 100% whole plant diet. Bear in mind that even a 100% WPD does not guarantee freedom from any health risk, a very small %age is due to genetics, environmental factors etc. Likewise, a 100% ABD does not guarantee a major modern disease; just as some people have lived well to 95 years of age smoking 40 a day and heavy drinking, but they are the exception. Every move to the left can only lead to a healthier life.

A Simple Guide to Healthier Eating Recommendations

Group A

Eat all you want (while getting lots of variety) of any whole, unrefined plant-based foods.

General category	Some examples
Vegetables	Aubergine, artichoke, asparagus, broccoli, Brussel sprouts, cauliflower, cabbage, carrots, celery, celeriac, chard, chicory, chillies, courgettes, cucumber, endive, garlic, ginger root, green beans, French beans, kale, lettuce, leeks, marrow, okra, olives, onions, peppers, pumpkin, radish, radicchio, secale, shallots, spinach, spring greens, squash, Swiss chard, etc.
Fruit	Apples, apricots, avocado, banana, bilberries, blueberries, blackberries, cherries, cranberries, currants, cucumber, damsons, dates, gooseberries, grapefruit, green pepper, grapes, guavas, kiwi, lemons, limes, loganberries, lychees, mangoes, melon, mandarins, nectarine, pomegranate, quince, raspberries, red currants, rhubarb, strawberries, tangerines, tomato, water melon, white currants, etc.
Starch rich foods	Potatoes, carrots, turnip, beetroot, salsify, swede, parsnip, sweet potatoes, yams, pumpkin, squash, etc.
Pulses & beans	Soya beans, peas, kidney beans, lentils, white beans, peanuts, chickpeas, black beans, adzuki beans, cannellini beans, broad beans, etc.
Mushrooms	White button, cremini, portabella, shitake, oyster, etc.
Dried fruit	Apricots, dates, raisins, apple, figs, currants, prunes, sultanas, etc.
Cereals, grains	Amaranth, barley, buckwheat, bulgar, brown rice, cornmeal, millet, oats, polenta, quinoa, rye, sorghum, spelt, whole wheat, wild rice, etc.
Nuts, seeds	Walnuts, almonds, macadamia, pecan, cashew, hazelnuts, pistachio, flax seeds, chia seeds, hemp seeds, pumpkin seeds, etc.

Continued over.....

Group B Minimize the following

Refined carbohydrates	Pastas (except whole grain ones), white bread, crackers, sugars and most cakes, biscuits and pastries made with refined flour and sugar
Vegetable oils	Corn oil, peanut oil, olive oil, etc. (Oil is an extract not whole plant and see calorific value below for another reason why!)
Fish	Salmon, tuna, cod (Better than meat but still have “animal food” problems)

Group C Avoid where possible

Meat	Steak, hamburgers, lard, especially processed meats
Poultry	Chicken, turkey
Dairy	Cheese, milk, yogurt
Eggs	Eggs & egg products with high egg content (e.g. mayonnaise)
Non-food	Sugary, salty snacks full of non food ingredients
Fun drinks	Full of sugar and artificial flavours and colours

Practical advice & help:

Try to increase the Group A foods before eliminating Group C foods.

Ensure you increase the variety of foods you eat, use the “Whole Plant Diet Variety Index” Excel checker at www.thefoodconnection.org.uk/betterhealth to get your WPD Variety Index & remind you of other foods you may not normally include in your shopping.

Replace milk with any of the plant based alternatives; soya, oat, almond, coconut, cashew milk, etc.

Try to eliminate dairy first in Group C whilst reducing the portion size of meat, replacing some with fish.

Repeat the 4Leaf Survey online every few weeks to monitor your progress in the table above. You can access the 4Leaf Survey, to update your score at: www.ecornell.com/4Leaf-Survey/

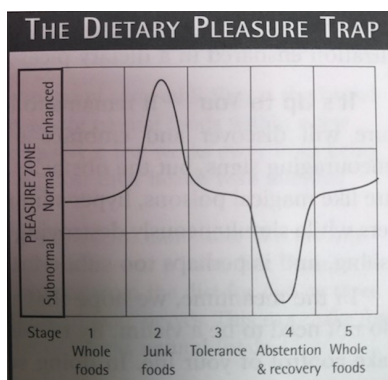
Remember, our eating habits have often been with us for decades and to make major changes will be a challenge. Those with no major health problems can make small progressive changes over a period of time but those people with major health problems should try to effect the change to a whole plant diet as quickly as possible to gain maximum benefit.

One of the problems many people meet when making these changes is “What can we cook now?” To help here we have a library of cookery books based on the whole plant diet with thousands of recipes, also you may download an excellent Free App “Forks over Knives” with many good recipes, get a new recipe every week at: www.pcrm.org/health/diets/recipes from Physicians Committee for Responsible Medicine.

Finally, you may feel worse in yourself as you pass through an abstinence and recovery period as illustrated in the diagram below, similar to withdrawal symptoms from tobacco:

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From the “The Pleasure Trap” by Douglas J Lisle ISBN 978-1-57067-197-5 (available in our library).

Calories per Pound for your information:

Vegetables	Less than 250 cal./pound
Fruit	Less than 500 cal./pound
Potatoes, rice, grains	About 500 cal./pound
Beans, peas, lentils	500-1000 cal./pound
Breads, dried fruit	750-1500 cal./pound
Sugars	1500 cal./pound
Dry cereals, popcorn.	1500-2000 cal./pound
Nuts & seeds	2000-3500 cal./pound
Vegetable Oils	About 4000 cal./pound

A Few Dietary Myths

- Q1. How does our diet affect our cholesterol levels?
- Q2. Do we need meat to ensure we get adequate protein?
- Q3. Can we get enough iron from a plant based diet?
- Q4. Children need dairy produce for growing bones?
- Q5. What level of antioxidants in an animal based diet?
- Q6. Will we get adequate fiber in an animal based diet?
- Q7. Is it possible to live a healthy life just on plants?

Whole Plant Based Diet (PBD) Mixed Dairy & Meat (DMD)

- PBD Lowers it. DMD Raises it.
- NO! – protein /100calories the same for both.
- YES! Ten times more iron in PBD than DMD
- NO! Double calcium in PBD than DMD
- Almost nil, PBD only significant source of these.
- NO! Almost nil in DMD, high in PBD & vital.
- YES! Only B12 & Vitamin D may be needed for some.