

The eCornell University 4Leaf Survey. Name:

Date:

- 1. Fresh fruit. On average how many daily servings of *whole* fresh fruit do you eat? (Only whole juiced fruit)
 - None 1-2 3-5 6+
 - 0** **+6** **+12** **+14**
- 2. Whole vegetables (incl. salad foods). On average, how many daily servings of whole vegetables do you eat?
 - None 1-2 3-5 6+
 - 0** **+6** **+12** **+14**
- 3. Whole grains (wheat, oats, barley, etc.), peas, beans, pulses, potatoes or other starchy foods. On average, how many daily servings of these do you eat?
 - None 1-2 3-5 6+
 - 0** **+6** **+12** **+14**
- 4. Omega-3's. Are you getting all you need from whole plant food e.g. flaxseeds, walnuts, hemp & chia seeds?
 - No Maybe Not sure Yes
 - 0** **0** **0** **+2**

Totals **Total Positive Score**

- 5. Dairy foods. How many days per week do you eat dairy foods like cheese, yogurt and ice cream?
 - None 1-2 3-5 6+
 - 0** **-3** **-5** **-7**
- 6. Eggs. How many days per week do you either eat eggs or add to them as an ingredient when cooking?
 - None 1-2 3-5 6+
 - 0** **-2** **-4** **-6**
- 7. Cow's milk or cream. How many days per week do you drink them or add them to cereals, coffee etc.?
 - None 1-2 3-5 6+
 - 0** **-1** **-3** **-5**
- 8. Added sugar. Are you serious about eliminating added sugar at home and in food products that you buy?
 - Absolutely Fairly Not very No
 - 0** **-1** **-2** **-3**
- 9. White flour in white bread, pasta, cakes, etc. How would you describe your consumption of these foods?
 - Zero Light Medium Heavy
 - 0** **-1** **-3** **-5**
- 10. Sweet and/or salty Processed Snacks. How would you describe your consumption of these unhealthy foods?
 - Zero Light Medium Heavy
 - 0** **-1** **-3** **-5**
- 11. Meat, poultry & fish. How many meals per week include animal flesh? (Beef, pork, lamb, chicken, turkey or fish)
 - 0-1 2-5 6-11 12+
 - 0** **-3** **-6** **-10**
- 12. Vegetable oil. How many meals per week include any vegetable oil? (All oil is 100% fat not whole plant)
 - 0-1 2-5 6-11 12+
 - 0** **-1** **-2** **-3**

Totals **Total Negative Score**

Your 4LeafSurvey Net Score = **total positive** **less** **total negative** =

The 4LeafSurvey Score - What does it mean?

| Net points (-40 to +40) | 4LeafSurvey Levels of Eating | % of Daily Calories from Whole Plant Foods | Possible Health Risk of Disease from Your Diet | Estimated% of population |
|-------------------------|------------------------------|--|--|--------------------------|
| 30 to 40 | Four Leaf | 80 to 100% | Very low | Top 1% |
| 20 to 29 | Three Leaf | 60 to 79% | Low | Top 3% |
| 10 to 19 | Two Leaf | 40 to 59% | Average | Top 6% |
| 0 to 9 | One Leaf | 20 to 39% | Less than most | Top 10% |
| -1 to -20 | Better than most | 10 to 19% | High | Top 35% |
| -21 to -40 | Unhealthy Diet | Less than 10% | Very high | Majority 65% |

| | | | | | | | |
|------------------------|--|--|--|--|--|--|--|
| Your 4LeafSurvey Score | | | | | | | |
| Date Survey Completed | | | | | | | |

Record your 4LeafSurvey Score & Date as you change your diet to see your rate of progress.