

# The Five Minute Nutrition Consultation

*For the busy health practitioner or doctor.*



## Introduction

This short five-minute consultation is based on the fifty years of research of “The China Study” & the 4Leaf Survey. Over 12,000 doctors use this approach in the USA and elsewhere to reduce the need for medication and to improve the health and well-being of their patients. It has proved remarkably effective with all the major diseases including diabetes, heart disease, strokes, cancers and other conditions where the patient’s diet is a contributory factor to their poor health.

Ideally, anyone interested in this approach would be well advised to complete the eCornell University Plant Based Nutrition Certificate Course before introducing it into their practice. This internet course is an excellent balance of video lectures by the leading doctors in the Whole Plant Nutrition field and stimulating exercises and forums that allow each student to deal with all the questions arising as they study. It can usually be completed in under six weeks with less than five each week. Once completed you will have a sound understanding of the research and rational underpinning the system. However this is not necessary using the this survey. Details of the Whole Plant Nutrition and the eCornell University Course may be found on three websites: T. Colin Campbell’s site <[nutritionstudies.org/](http://nutritionstudies.org/)>, <[plantricianproject.org](http://plantricianproject.org)> & The Physicians Committee for Responsible Medicine <[pcrm.org](http://pcrm.org)>

<b>Details of actions</b>	<b>Patient Time</b>	<b>Doctor Time</b>
<b>Patient completes the 12 question 4Leaf Survey Questionnaire on NCR paper while waiting to see the Doctor.</b>	<b>5 minute</b>	<b>Nil</b>
<b>The receptionist/nurse calculates the patient’s 4Leaf Survey score, and records this on their form.</b>	<b>1 minute</b>	<b>Nil</b>
<b>The Doctor reviews the answers on the survey, marking each food group with arrows up or down to advise increasing or decreasing each food with stars *, ** or *** to show importance.</b>	<b>Nil</b>	<b>1-2 minutes</b>
<b>The Doctor gives a copy to the patient and briefly explains that as their score increases, as they begin to change their diet according to the notes, so their general health should improve.</b>	<b>2 minutes</b>	<b>2 minutes</b>
<b>The patient is given either an A4 information sheet (see example below) or a copy of The 4Leaf Guide to Vibrant Health. A follow-up meeting to discuss progress on their diet in a month. The follow-up visit might be incorporated into any other follow-up consultation.</b>	<b>1 minute</b>	<b>1 minute</b>
<b>If time permits the Doctor can discuss possible need for B12 &amp; Vitamin D at a later stage and offer access to a Whole Plant Diet Library to borrow cook books.</b>	<b>1 minute</b>	<b>1 minute</b>
<b>Total time</b>	<b>10 minutes</b>	<b>5-6 minutes</b>

**Please complete the twelve questions below to allow us to assess your dietary needs:**

**4Leaf Survey. Name:**

**Date:**

1. Fresh fruit. On average how many daily servings of *whole* fresh fruit do you eat? (Only whole juiced fruit )
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>+6</b>	<b>+12</b>	<b>+14</b>
2. Whole vegetables (incl. salad foods). On average, how many daily servings of whole vegetables do you eat?
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>+6</b>	<b>+12</b>	<b>+14</b>
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?
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>+6</b>	<b>+12</b>	<b>+14</b>
4. Omega-3's. Are you getting all you need from whole plant food e.g. flaxseeds, walnuts, hemp & chia seeds?
 

<input type="radio"/> No	<input type="radio"/> Maybe	<input type="radio"/> Not sure	<input type="radio"/> Yes
<b>0</b>	<b>0</b>	<b>0</b>	<b>+2</b>

**Totals**                        **Total Positive Score**     

5. Dairy foods. How many days per week do you eat dairy foods like cheese, yogurt and ice cream?
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>-3</b>	<b>-5</b>	<b>-7</b>
6. Eggs. How many days per week do you either eat eggs or add to them as an ingredient when cooking?
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>-2</b>	<b>-4</b>	<b>-6</b>
7. Cow's milk or cream. How many days per week do you drink them or add them to cereals, coffee etc.?
 

<input type="radio"/> None	<input type="radio"/> 1-2	<input type="radio"/> 3-5	<input type="radio"/> 6+
<b>0</b>	<b>-1</b>	<b>-3</b>	<b>-5</b>
8. Added sugar. Are you serious about eliminating added sugar at home and in food products that you buy?
 

<input type="radio"/> Absolutely	<input type="radio"/> Fairly	<input type="radio"/> Not very	<input type="radio"/> No
<b>0</b>	<b>-1</b>	<b>-2</b>	<b>-3</b>
9. White flour in white bread, pasta, cakes, etc. How would you describe your consumption of these foods?
 

<input type="radio"/> Zero	<input type="radio"/> Light	<input type="radio"/> Medium	<input type="radio"/> Heavy
<b>0</b>	<b>-1</b>	<b>-3</b>	<b>-5</b>
10. Sweet and/or salty Processed Snacks. How would you describe your consumption of these unhealthy foods?
 

<input type="radio"/> Zero	<input type="radio"/> Light	<input type="radio"/> Medium	<input type="radio"/> Heavy
<b>0</b>	<b>-1</b>	<b>-3</b>	<b>-5</b>
11. Meat, poultry & fish. How many meals per week include animal flesh? (Beef, pork, lamb, chicken, turkey or fish)
 

<input type="radio"/> 0-1	<input type="radio"/> 2-5	<input type="radio"/> 6-11	<input type="radio"/> 12+
<b>0</b>	<b>-3</b>	<b>-6</b>	<b>-10</b>
12. Vegetable oil. How many meals per week include any vegetable oil? (All oil is 100% fat not whole plant)
 

<input type="radio"/> 0-1	<input type="radio"/> 2-5	<input type="radio"/> 6-11	<input type="radio"/> 12+
<b>0</b>	<b>-1</b>	<b>-2</b>	<b>-3</b>

**Totals**                        **Total Negative Score**     

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

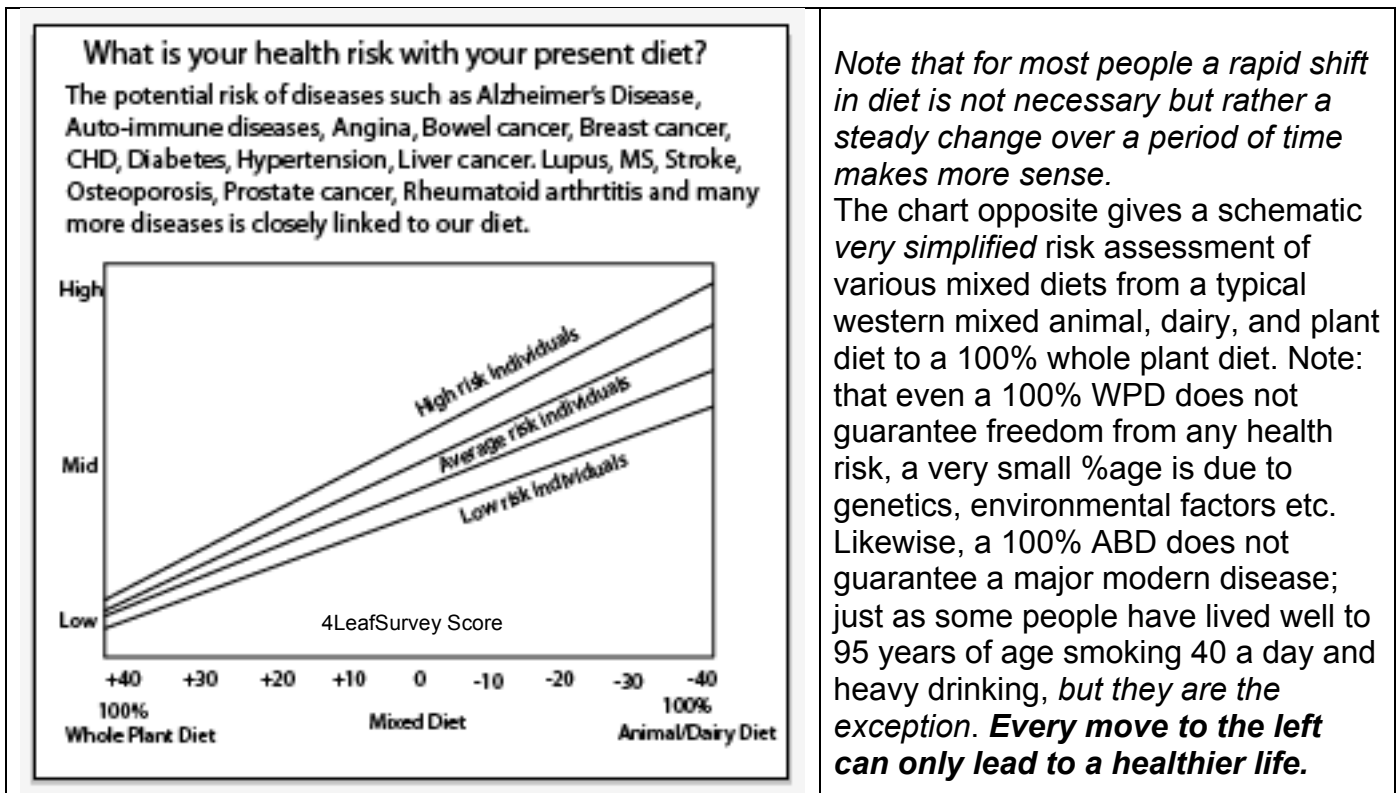
**The 4LeafSurvey Score - What does it mean?**

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%

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

Your 4LeafSurvey Score							
Date Survey Completed							

## Dietary Information & Guidelines



### A Simple Guide to Healthier Eating Recommendations

**Group A Eat all you want (*with lots of variety*) of any whole, unrefined plant-based foods.**

General category	Some examples
<b>Vegetables</b>	Aubergine, artichoke (globe), asparagus, bamboo shoots, broccoli, Brussel sprouts, cauliflower, cabbage, carrots, celery, celeriac, chard, chicory, chillies, coriander, courgettes, cucumber, daikon, endive, garlic, ginger root, green beans, French beans, kale, lettuce, leeks, marrow, mustard cress, okra, olives, onions, peppers, pumpkin, radish, radicchio, secale, shallots, soya, spinach, spring greens, spring onions, squash, Swiss chard, water cress, etc.
<b>Fruit</b>	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.
<b>Starch rich foods</b>	Potatoes, carrots, turnip, beetroot, salsify, swede, parsnips, sweet potatoes, yams, pumpkin, rutabaga, squash, corn on the cob, Jerusalem artichoke, etc.
<b>Pulses &amp; beans</b>	Soya beans, peas, kidney beans, lentils, white beans, peanuts, chickpeas, black beans, adzuki beans, cannellini beans, broad beans, etc.
<b>Mushrooms</b>	White button, cremini, portabella, shitake, oyster, etc.
<b>Dried fruit</b>	Apricots, dates, raisins, apple, figs, currants, prunes, sultanas, etc.
<b>Cereals, grains</b>	Amaranth, arrowroot, barley, buckwheat, bulgar, brown rice, cornmeal, millet, oats, polenta, quinoa, rye, semolina, sorghum, spelt, whole wheat, wild rice, etc.
<b>Nuts, seeds</b>	Walnuts, almonds, macadamia, pecan, cashew, cobnuts, hazelnuts, pistachio, flax seeds, chia seeds, hemp seeds, pumpkin seeds, poppy seeds, tahini, etc.

**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, & processed meats(classed as carcinogens by WHO)
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:**

1. Try to increase the Group A foods before eliminating Group C foods.
2. Ensure you increase the variety of foods you eat, use the “Whole Plant Diet Variety Index” Excel checker at [www.thefoodconnection.org.uk/betterhealth.html](http://www.thefoodconnection.org.uk/betterhealth.html) to get your WPD Variety Index & remind you of other foods you may not normally include in your shopping.
3. Replace milk with any of the plant based alternatives; soya, oat, almond, coconut, cashew milk, etc.
4. Try to eliminate dairy first in Group C whilst reducing the portion size of meat, replacing some with fish.
5. You can access the 4Leaf Survey, to update your score on-line at: <[www.ecornell.com/4Leaf-Survey/](http://www.ecornell.com/4Leaf-Survey/)> or visit <[www.4leafsurvey.com](http://www.4leafsurvey.com)>
6. Remember, our eating habits have often been with us for decades and to make major changes is 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. Note: With no meat or fish in your diet you may need an occasional B12 supplement.
7. One of the problems many people meet when making these changes is “What can we cook now?” Download an excellent App “Forks over Knives” with good recipes or visit <[www.pcrm.org/health/diets/recipes](http://www.pcrm.org/health/diets/recipes)>

Food Group	Calories/Pound	Nutrient Density*
Vegetables.	Less than 250	200-1000
Fruits.	Less than 500	50-200
Potatoes, rice, grains.	500	30-50
Beans, peas, lentils.	500-1000	50-100
Breads, dried fruit.	750-1500	10-50
Sugars.	1500	1-5
Dry cereals, popcorn.	1500-2000	5-10
Nuts & seeds.	2000-3500	25-100
Vegetable oils.	4000	2-10
Meat & fish.	800-2000	20-40
Cheeses.	2000	10-20

\* Based on Dr. Joel Fuhrman's Aggregate Nutrient Density Index.

**A Few Dietary Myths Blown Away!**

- 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 found 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) versus a Mixed Dairy & Meat (DMD)**

- PBD Lowers it, contains no cholesterol, DMD contains cholesterol & raises it.
- NO! – Protein content /100calories is the same for both diets.
- YES! Ten times more iron in PBD than DMD
- NO! There is double the calcium content in PBD compared with a DMD
- Almost nil in a DMD, PBD is the only significant source of these vital nutrients.
- NO! There is almost no fiber in DMD but high in PBD & essential for health.
- YES! Only B12 & Vitamin D supplements may be needed for some people.

Your 4LSurvey Score										
Date of Survey										

Repeat the 4Leaf Survey online every few weeks to monitor your progress in the table above.

**CAUTION! Major dietary improvements can reduce the need for medications; check with your doctor as your progress.**