

This is the Nutritional Data Sheet in support of The Ultimate List of Primary Foods.

This programme supports LiCrON – Low Insulin Calorie Restricted Optimum Nutrition

It represents the 'least amount of food' required to obtain the minimum RDA of ALL the vitamins, minerals and amino acids you need per day. It can be modified and we provide examples for you to copy within the Members Section of Vibrational Frequency Programming.

The Ultimate List of Primary Foods is very flexible:

The list has supporting insights on how to adapt your food intake if you EAT in a conventional manner, or if you eat as a Vegetarian or Vegan or if you want to be Keto adapted - it is very flexible and meets all these requirements; it even maximises nourishment and energy for those who undertake intermittent fasting.

It also explains how to adapt the programme if you are a performance focused athlete, combat professional or simply someone who exercises to try and be leaner and stronger.

It is also perfect for those who hate exercise and just want to lose weight.

The following data provides nutritional data on SF1 and SF1 plus other foods.

For details of the other foods please refer to the Members Section.

SF1 data is coloured in dark green if the RDA is above 100%

SF1 PLUS other foods is coloured in light green if the RDA is above 100%

Potassium is the only nutrient that falls below 100% - this deficit can easily be achieved by following the details in the members section.

A 5g serving is for anyone under 10 stone, 7.5g is for anyone under 15 stone, 10g is for anyone under 20 stone.

Nutritional Information:	5g of SF1 <63.5Kilo	7.5g of SF1 <95.3kilo	7.5g of SF1 Plus foods	% of RDA
Insulin Load Factor			48.65	
Total Calories	7	13	1,064	-
Carbs (including sugar)	1.7g	2.5g	43.6g (20.3 Net Fibre)	-
Fibre	1.2g	1.8g	25.8g	-
Fats	0.17g	0.26g	87.2g	-
Protein	1.4g	2.1g	52.5g	-
Vitamin A	749iu	1,124iu	24,236iu	22.5% / 485%
Vitamin B1 - Thiamin	5.2g	7.8mg	9.43mg	521% / 629%
Vitamin B2 - Riboflavin	122g	183mg	184.6mg	10,758% / 10,859%
Vitamin B3 - Niacin	118.1mg	177.1mg	211.1mg	886% / 1,056%
Vitamin B5 - Pantothenic Acid	16.9mg	25.4mg	32mg	254% / 320%
Vitamin B6	18.3mg	27.5mg	29.8mg	1,370% / 1,490%
Vitamin B9 - Folate	0mg	0mg	553mcg	0% / 138%
Vitamin B12	8.4mg	12.6mg	21mg	524% / 875%
Vitamin C	63.7mg	95.6mg	181.5mg	128% / 242%
Vitamin D*	0mg	0mg	406mg	0% / 102%
Vitamin E	150.1iu	225.2iu	275.3iu	751% / 918%
Vitamin K	16.8mg	25.2mg	1,145.7mg	31% / 1,432%
Selenium	1.93mg	2.9mg	588.1mg	4.5% / 347%
Calcium	11.8mg	17.7mg	1017mg	1.8% / 102%
Iron	4.4mg	6.6mg	52.2mg	36% / 290%
Magnesium	14mg	21mg	704.4mg	5% / 176%
Phosphorous	20.2mg	30.3mg	1,214mg	3% / 121%
Zinc	29.2mg	43.8mg	50mg	293% / 330%
Copper	0.93mg	1.4mg	3.6mg	80% / 198%
Manganese	65.7mg	98.6mg	103.4mg	2,090% / 2,298%
Potassium	78.9mg	118.4mg	3,540mg	3% / 75.3%

The shortfall in potassium can easily be met by taking foods as listed in the members section.

*Vitamin D – Your daily RDA may be obtained from adequate exposure to sunshine – full details available.

The principle behind The Ultimate List of Primary Foods is that of maximising cell renewal to prolong longevity and good health. In order to maximise the benefits of this natural process (AUTOPHAGY) then this eating protocol should be combined with Intermittent Fasting – for full details view the members section.

The Nutritional Logistics Program (NLP) is part of Vibrational Frequency Programming (VFP).