# FAST Categories and Examples

<table>
<thead>
<tr>
<th>FAST Category</th>
<th>Examples</th>
</tr>
</thead>
</table>
| 1. Fresh Fruits and Vegetables (including frozen with no additives) | - Apples  
- Bananas  
- Carrots  
- Zucchini  
- Frozen peas  
- Frozen strawberries, unsweetened |
| 2. Processed Fruits and Vegetables | - Canned corn  
- Canned peaches  
- Raisins  
- Dried cherries  
- Applesauce  
- Frozen fruits, sweetened  
- Canned Pumpkin  
- Pickled vegetable  
- Canned mushrooms  
- Tomato/pasta/spaghetti sauce (no meat or cheese)  
- Potato wedges  
- Rotel tomatoes  
- Hash browns  
- Sauerkraut  
- Dried potatoes  
- Canned olives  
- Pickles  
- Canned olives (not stuffed) |
| 3. Whole grains  
First ingredient must be a whole grain: whole wheat, whole millet, whole spelt, whole rye, barley quinoa, oats etc. | - Oats / Oatmeal  
- Rice, brown  
- Quinoa  
- Whole grain bread products  
- Whole grain tortillas  
- Whole grain pasta  
- Whole grain cereal  
- Whole wheat farina  
- Masa  
- Non-popped popcorn (no butter or flavor)  
- Naan or Roti (non whole grain)  
- Buns  
- Lefse  
- Hard shell tacos  
- Fufu  
- Vermicelli noodle/mung bean noodle, bean thread  
- Grits  
- Croissant/biscuit dough |
| 4. Non-whole grains | - Bread (non-sweet)  
- Pasta  
- Tortilla  
- Cereal  
- Pita  
- Waffles  
- Farina  
- Buns  
- Lefse  
- Hard shell tacos  
- Fufu  
- Vermicelli noodle/mung bean noodle, bean thread  
- Grits  
- Croissant/biscuit dough |
| 5. Beverages | - Fruit juice  
- Fruit punch  
- Soda  
- Smoothies  
- Frappuccino  
- Coconut water  
- Tea, sweetened  
- Coffee beverages (sweetened/prepared)  
- Sparkling water with calories  
- Yogurt beverages  
- Coconut water |
| 6. Dessert and snacks | - Doughnut  
- Cookies  
- Candy  
- Chocolate  
- Sweet pastries  
- Cookie dough  
- Jell-O  
- Coffee Cake  
- Muffins  
- Ice Cream  
- Frozen Pie  
- Cheesecake  
- Sweet breads (eg. banana bread, zucchini bread, cinnamon raisin)  
- Frozen yogurt  
- Chips  
- Popcorn  
- Crackers  
- Granola Bars  
- Fruit snacks  
- Granola  
- Nutrigrain bar  
- Poptart  
- Power bars  
- Trail Mix  
- Frosting / Icing  
- Sprinkles / Chocolate Chips |
| 7. Dairy | - Milk – flavored, unflavored, any fat % (fluid or dried)  
- Evaporated milk  
- Yogurt  
- Butter / Margarine  
- Sour cream  
- Dairy substitute  
- Almond milk, cashew milk |
### FAST Categories and Examples

<table>
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<tr>
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<tbody>
<tr>
<td>8. Vegetable Protein</td>
<td>Cheese: American, Velveeta, Cheese Whiz, shredded, string, cottage cheese, cream cheese, etc.</td>
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<tr>
<td>8. Vegetable Protein</td>
<td>Any nut butter, Tahini, Grillin beans, Baked beans, Refried beans, Lentils, Hummus</td>
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<tr>
<td>9. Meat, poultry, fish and eggs</td>
<td>Chicken, Turkey, Ground chicken or turkey, Ground beef, Steak, Full ham, Pork, Eggs</td>
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<tr>
<td>9. Meat, poultry, fish and eggs</td>
<td>Ground turkey, beef, chicken, pork, Patties: Turkey, beef, chicken, pork, Fish, Includes canned chicken, tuna, salmon, sardines, anchovies</td>
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<tr>
<td>10. High Processed Meat</td>
<td>Breaded meats, Bratwurst, Sausage, Bacon, Beer battered, Chicken nuggets, Breaded meats</td>
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<tr>
<td>11. Mixed Meals and Side dishes</td>
<td>Soups, Hamburger helper, Macaroni and cheese (even if whole grain), Lean cuisine, Stuffed bread, French toast, Vegetables with sauce, Restaurant meals, Pork and beans</td>
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<td>11. Mixed Meals and Side dishes</td>
<td>Prepared deli sandwiches or sandwiches, Canned chili containing meat, Canned meat stew, Canned pasta w meat, Broth, Fresh salsa, Prepared salads, tuna salad, macaroni salad, broccoli salad, salad mixes with dressing</td>
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<tr>
<td>12. Condiments, Baking, and Cooking needs</td>
<td>Ketchup, Mustard, Barbeque, Salad dressings, Jelly and Jams, Sauces, Seasoning, Flour/rice flour, Baking Powder / Soda, Pumpkin pie filling, Other fruit pie fillings, Salsa (canned, jarred), Stuffed olives</td>
</tr>
<tr>
<td>12. Condiments, Baking, and Cooking needs</td>
<td>Sugar, Vinegar, Oil, Pancake mix, Muffin / Bread mix, Cake / Cookie / Brownie Mix, Bread Crumbs, Spaghetti sauce/tomato sauce (with meat or cheese), Cranberry sauce, Coconut milk (canned for cooking)</td>
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<tr>
<td>13. Water (not included in the FAST score)</td>
<td>Bottled water, Non-caloric sparkling water, Coffee beans or grounds, Tea bags, Unsweetened tea</td>
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<tr>
<td>13. Water (not included in the FAST score)</td>
<td>Baby Food</td>
</tr>
<tr>
<td>14. Baby Food</td>
<td>Any food specified for a baby</td>
</tr>
</tbody>
</table>

**Version 4; 10/3/16**