<table>
<thead>
<tr>
<th>FAST Category</th>
<th>Examples</th>
</tr>
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</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 | • 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) |
| 4. Non-whole grains | • Bread (non-sweet)  
• Pasta  
• Tortilla  
• Cereal  
• Pita  
• Waffles  
• Farina  
| - Naan or Roti (non whole grain)  
- 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

### 8. Vegetable Protein
- Cheese: American, Velveeta, Cheese Whiz, shredded, string, cottage cheese, cream cheese, etc.
- Coconut milk (drink)
- Soy milk
- Coffee creamer
- Any nut butter
- Tahini
- Grillin beans
- Baked beans
- Refried beans
- Lentils
- Hummus

### 9. Meat, poultry, fish and eggs
- Nuts
- Beans
- Legumes
- Chickpeas
- Tofu
- Peanut butter
- Ground turkey, beef, chicken, pork
- Patties- Turkey, beef, chicken, pork
- Fish
- Includes canned chicken, tuna, salmon, sardines, anchovies
- Chicken nuggets
- Breaded meats

### 10. High Processed Meat
- Hot dogs
- Salami
- Bologna
- Lunch meat
- Spam
- Beef jerky
- Pork rinds
- Breaded meats or sandwiches
- Bratwurst
- Sausage
- Bacon
- Beer battered
- Chickens nuggets
- Breaded meats

### 11. Mixed Meals and Side dishes
- Soups
- Hamburger helper
- Macaroni and cheese (even if whole grain)
- Lean cuisine
- Stuffed bread
- French toast
- Vegetables with sauce
- Restaurant meals
- Pork and beans
- 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

### 12. Condiments, Baking, and Cooking needs
- 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
- 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)

### 13. Water (not included in the FAST score)
- Bottled water
- Non-caloric sparkling water
- Coffee beans or grounds
- Tea bags
- Unsweetened tea

### 14. Baby Food
- Any food specified for a baby
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