

FAST Categories and Examples

FAST Category	Examples	
1. Fresh Fruits and Vegetables (including frozen with no additives)	<ul style="list-style-type: none"> • Apples • Bananas • Carrots • Zucchini • Frozen peas • Frozen strawberries, unsweetened 	
2. Processed Fruits and Vegetables	<ul style="list-style-type: none"> • Canned corn • Canned peaches • Raisins • Dried cherries • Applesauce • Frozen fruits, sweetened • Canned Pumpkin • Pickled vegetable • Canned mushrooms 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Bread (non-sweet) • Pasta • Tortilla • Cereal • Pita • Waffles • Farina 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Fruit juice • Fruit punch • Soda • Smoothies • Frappuccino • Coconut water 	<ul style="list-style-type: none"> • Tea, sweetened • Coffee beverages (sweetened/prepared) • Sparkling water with calories • Yogurt beverages • Coconut water
6. Dessert and snacks	<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • Frozen yogurt • Chips • Popcorn • Crackers • Granola Bars • Fruit snacks • Granola • Nutrigrain bar • Poptart • Power bars • Trail Mix • Frosting / Icing • Sprinkles / Chocolate Chips
7. Dairy	<ul style="list-style-type: none"> • Milk – flavored, unflavored, any fat % (fluid or dried) • Evaporated milk • Yogurt 	<ul style="list-style-type: none"> • Butter / Margarine • Sour cream • Dairy substitute • Almond milk, cashew milk

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	<ul style="list-style-type: none"> • Cheese: American, Velveeta, Cheese Whiz, shredded, string, cottage cheese, cream cheese, etc. 	<ul style="list-style-type: none"> • Coconut milk (drink) • Soy milk • Coffee creamer
8. Vegetable Protein	<ul style="list-style-type: none"> • Nuts • Beans • Legumes • Chickpeas • Tofu • Peanut butter 	<ul style="list-style-type: none"> • Any nut butter • Tahini • Grillin beans • Baked beans • Refried beans • Lentils • Hummus
9. Meat, poultry, fish and eggs	<ul style="list-style-type: none"> • Chicken • Turkey • Ground chicken or turkey • Ground beef • Steak • Full ham • Pork • Eggs 	<ul style="list-style-type: none"> • Ground turkey, beef, chicken, pork • Patties- Turkey, beef, chicken, pork • Fish • Includes canned chicken, tuna, salmon, sardines, anchovies
10. High Processed Meat	<ul style="list-style-type: none"> • Hot dogs • Salami • Bologna • Lunch meat • Spam • Beef jerky • Pork rinds 	<ul style="list-style-type: none"> • Breaded meats • Bratwurst • Sausage • Bacon • Beer battered • Chicken nuggets • Breaded meats
11. Mixed Meals and Side dishes	<ul style="list-style-type: none"> • Soups • Hamburger helper • Macaroni and cheese (even if whole grain) • Lean cuisine • Stuffed bread • French toast • Vegetables with sauce • Restaurant meals • Pork and beans 	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Bottled water • Non-caloric sparkling water • Coffee beans or grounds • Tea bags • Unsweetened tea 	
14. Baby Food	<ul style="list-style-type: none"> • Any food specified for a baby 	

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DATE:	
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2. Processed Fruits and Vegetables	
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4. Non-whole grains	
5. Beverages	
6. Dessert and snacks	
7. Dairy	

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8. Vegetable Protein	
9. Meat, poultry, fish and eggs	
10. High Processed Meat	
11. Mixed Meals and Side dishes	
12. Condiments, Baking, and Cooking needs	
13. Water (not included in the FAST score)	
14. Baby Food	