**Supplemental Table 1** FAST category examples.

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| FAST Category | Examples | |
| 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) | |
| 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 (e.g. 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  Cheese: American, Velveeta, Cheese Whiz, shredded, string, cottage cheese, cream cheese, etc. | Butter / Margarine  Sour cream  Dairy substitute  Almond milk, cashew milk  Coconut milk (drink)  Soy milk  Coffee creamer |
| 8. Vegetable Protein | Nuts  Beans  Legumes  Chickpeas  Tofu  Peanut butter | Any nut butter  Tahini  Grillin beans  Baked beans  Refried beans  Lentils  Hummus |
| 9. Meat, poultry, fish and eggs | Chicken  Turkey  Ground chicken or turkey  Ground beef  Steak  Full ham  Pork  Eggs | Ground turkey, beef, chicken, pork  Patties- Turkey, beef, chicken, pork  Fish  Includes canned chicken, tuna, salmon, sardines, anchovies |
| 10. High Processed Meat | Hot dogs  Salami  Bologna  Lunch meat  Spam  Beef jerky  Pork rinds | Breaded meats  Bratwurst  Sausage  Bacon  Beer battered  Chicken 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. Baby Food | Any food specified for a baby | |
| 14. Water (not included in the FAST score) | Bottled water  Non-caloric sparkling water  Coffee beans or grounds  Tea bags  Unsweetened tea | |