**Supplemental Table 1** FAST category examples.

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| FAST Category  | Examples |
| 1. Fresh Fruits and Vegetables (including frozen with no additives) | ApplesBananasCarrotsZucchiniFrozen peasFrozen strawberries, unsweetened |
| 2. Processed Fruits and Vegetables | Canned cornCanned peachesRaisinsDried cherriesApplesauceFrozen fruits, sweetenedCanned PumpkinPickled vegetableCanned mushrooms | Tomato/pasta/spaghetti sauce (no meat or cheese)Potato wedgesRotel tomatoesHash brownsSauerkrautDried potatoesCanned olivesPicklesCanned olives (not stuffed) |
| 3. Whole grainsFirst ingredient must be a whole grain: whole wheat, whole millet, whole spelt, whole rye, barley quinoa, oats etc. | Oats / OatmealRice, brownQuinoaWhole grain bread productsWhole grain tortillasWhole grain pastaWhole grain cerealWhole wheat farinaMasaNon- popped popcorn (no butter or flavor) |
| 4. Non-whole grains | Bread (non-sweet)PastaTortillaCerealPitaWafflesFarina | Naan or Roti (non whole grain)BunsLefseHard shell tacosFufuVermicelli noodle/mung bean noodle, bean threadGritsCroissant/biscuit dough |
| 5. Beverages | Fruit juiceFruit punchSodaSmoothiesFrappuccinoCoconut water | Tea, sweetenedCoffee beverages (sweetened/prepared)Sparkling water with caloriesYogurt beveragesCoconut water |
| 6. Dessert and snacks | DoughnutCookiesCandyChocolateSweet pastriesCookie doughJell-OCoffee CakeMuffinsIce CreamFrozen PieCheesecakeSweet breads (e.g. banana bread, zucchini bread, cinnamon raisin) | Frozen yogurtChipsPopcornCrackersGranola BarsFruit snacksGranolaNutrigrain barPoptartPower barsTrail MixFrosting / IcingSprinkles / Chocolate Chips |
| 7. Dairy | Milk – flavored, unflavored, any fat % (fluid or dried)Evaporated milkYogurtCheese: American, Velveeta, Cheese Whiz, shredded, string, cottage cheese, cream cheese, etc. | Butter / MargarineSour creamDairy substituteAlmond milk, cashew milkCoconut milk (drink)Soy milkCoffee creamer |
| 8. Vegetable Protein | NutsBeansLegumesChickpeasTofuPeanut butter | Any nut butterTahiniGrillin beansBaked beansRefried beansLentilsHummus  |
| 9. Meat, poultry, fish and eggs | ChickenTurkeyGround chicken or turkeyGround beefSteakFull hamPorkEggs | Ground turkey, beef, chicken, porkPatties- Turkey, beef, chicken, porkFishIncludes canned chicken, tuna, salmon, sardines, anchovies |
| 10. High Processed Meat | Hot dogsSalamiBolognaLunch meatSpamBeef jerkyPork rinds | Breaded meatsBratwurstSausageBaconBeer batteredChicken nuggetsBreaded meats |
| 11. Mixed Meals and Side dishes | SoupsHamburger helperMacaroni and cheese (even if whole grain)Lean cuisineStuffed breadFrench toastVegetables with sauceRestaurant mealsPork and beans | Prepared deli sandwiches or sandwichesCanned chili containing meatCanned meat stewCanned pasta w meatBrothFresh salsaPrepared salads, tuna salad, macaroni salad, broccoli salad, salad mixes with dressing |
| 12. Condiments, Baking, andCooking needs  | KetchupMustardBarbequeSalad dressingsJelly and JamsSaucesSeasoningFlour/rice flourBaking Powder / SodaPumpkin pie fillingOther fruit pie fillingsSalsa (canned, jarred)Stuffed olives | SugarVinegarOilPancake mixMuffin / Bread mixCake / Cookie / Brownie MixBread CrumbsSpaghetti sauce/tomato sauce (with meat or cheese)Cranberry sauceCoconut milk (canned for cooking) |
| 13. Baby Food | Any food specified for a baby |
| 14. Water (not included in the FAST score) | Bottled waterNon-caloric sparkling waterCoffee beans or groundsTea bagsUnsweetened tea |