

**4. The F.A.S.T Laboratories**  
**The First Analytical Services and Technical Cooperative (Cubao)**

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 Field of Testing : Chemical Testing and  
 Microbiological Testing

**Chemical Testing**

Products	Specific Tests	Method/ Reference
<b>I. Foods</b>		
<b>.01 Cereals products</b>		
1. Breakfast cereals 2. Cereal/cereal grains 5. Flour, corn meal, corn grits 9. Pasta products and noodles uncooked 10. Starch	Moisture	AOAC 925.09 AOAC 925.10 AOAC 935.36 AOAC 935.39
	Ash	AOAC 923.03
	Fat	AOAC 920.85 AOAC 945.38F AOAC 922.06 AOAC 935.38 AOAC 925.12
	Protein	AOAC 2011.11
	Total Dietary Fiber	AOAC 985.29
	Sugar	AOAC 975.14
	Vitamin A	AOAC. 2001.13. HPLC Method
	Saturated/Unsaturated Fat	AOAC, 19 <sup>th</sup> Edition, 996.06 GC Method
<b>.03 Dairy products</b>		
1. All cheese made from pasteurized milk (cottage cheese, soft & semi-solid cheese) 2. Processed cheese spread	Moisture	AOAC 927.05 AOAC 990.20
	Ash	AOAC 927.05 AOAC 930.30
	Protein	AOAC 991.20

3. Ice cream and sherbet plain and flavoured 4. Ice cream with added ingredients 5. Flavored ice 6. Milk powders (whole, nonfat or filled milk, buttermilk, whey & whey protein concentrate) 7. Sweetened Condensed milk 8. Liquid Milk (evaporated or Ready To Drink) and Cream (Ultra Heat Temperature/sterilized) 9. Pasteurized milk 10. Pasteurized cream 11. Yogurt and other fermented milk	Fat	AOAC 932.06 AOAC 989.05
	Vitamin A	AOAC. 2001.13, HPLC Method
	Saturated/ Unsaturated Fat	AOAC, 19 <sup>th</sup> Edition, 996.m GC Method
	Sodium Benzoate Potassium Sorbate	TM 16.01 HPLC Validated Method
	Caffeine	TM 16.02 HPLC Validated Method
<b>.04 Meat, poultry and derived products</b>		
3. Cold cuts, frozen and chilled hotdogs, corned beef, luncheon meat 4. Packaged cooked cured/salted meat (ham, bacon) 5. Fermented, comminuted meat, not cooked (dry and semi-dry fermented sausages) 8. Cured/smoked poultry meat 11. Meat products in hermetically sealed containers	Moisture	AOAC 950.46
	Fat	AOAC 960.36a
	Protein	AOAC 981.10
	Ash	AOAC 923.03
	Nitrite in cured meat	AOAC 973.31
	Vitamin A	AOAC, 2001.13. HPLC Method
	Saturated/Unsaturated Fat	AOAC, 19 <sup>th</sup> Edition, 996.06 GC Method
<b>.05 Fish, crustaceans and mollusks, and derived products</b>		
1. Fresh and frozen fish and cold-smoked 2. Pre-Cooked Breaded Fish 6. Smoked, dried, fermented, and /or salted fish and fish products	Moisture	AOAC 952.08
	Ash	AOAC 938.08
	Fat	AOAC 948.15
	Protein	AOAC 940.25
	Histamine	AOAC 977.13
<b>.08 Fruit, jam and other fruit products</b>		
1. Frozen fruits 2. Coconut (desiccated) 3. Sun dried fruit	Sulfur Dioxide	AOAC 990.28

4. Jams, jellies, marmalades 5. Fruit-based spreads 6. Candied fruit 7. Fruit preparations ( pulp, purees, fruit toppings and coconut milk) 8. Fermented fruit products 9. Fruit fillings for pastries		
<b>.10 Alcoholic beverages</b>		
1. Beer and malt beverages 3. Grape wines 4. Wines other than grapes 6. Distilled spirits containing more than 15% alcohol 7. Aromatized alcoholic beverages (e.g. beer, wine and spirituous cooler-type beverages, low alcoholic refreshers)	Ethanol	In-House
<b>.11 Soft Drink and cordials</b>		
1. Soft Drink	Sodium Benzoate Potassium Sorbate	TM 16.01 HPLC Validated Method
	Caffeine	TM 16.02 HPLC Validated Method
<b>.12 Fruit juices, drinks and concentrates</b>		
1. Fruit and vegetable juices 2. Fruit and vegetable nectars 3. Water-based flavoured drinks (Carbonated, Non-carbonated, Concentrates (liquid or solid)) 4. Coffee, coffee substitutes, tea, herbal infusions, and other hot cereal and grain beverages, excluding cocoa	Titrateable Acidity	AOAC 942.15
	Vitamin C	AOAC 967.21
	Caffeine	TM 16.02 HPLC Validated Method
<b>.13 Edible Fats/ Oil</b>		
1. Butter (whipped, pasteurized) 2. Butter from unpasteurized milk or milk products	Saturated/ Unsaturated Fat	AOAC, 19" Edition, 996.06 GC Method

3. Fats and oils essentially free from water (vegetable oils and fats, lard, tallow, fish oil, and other animal fats.		
4. Fat spreads, dairy fat spreads and blended spreads		
<b>.14 Margarine</b>		
1. Margarine	Saturated/ Unsaturated Fat	AOAC, 19" Edition, 996.06 GC Method
<b>.24 Sauces, spices and condiments</b>		
	Sodium Benzoate Potassium Sorbate	TM 16.01 HPLC Validated Method
<b>.25 Food Supplement/ Dietary Supplement</b>		
	Vitamin A	AOAC. 2001.13. HPLC Method

### Microbiological Testing

Products	Specific Tests	Method/ Reference
<b>I. Foods</b>		
<b>01.0 Milk and Dairy products</b>		
01.1 Milk powder and cream powder	Aerobic Plate Count	BAM Online Pour Plate Method
01.2 Sweetened Condensed Milk	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Product
01.5 Pasteurized milk	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
01.6 Pasteurized cream	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
01.7 Yogurt and other fermented milk	Coliform Count	BAM Online Pour Plate Method

01.8 Processed Cheese Spread	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
<b>02.0 Fats, Oils and Fat Emulsions</b>		
02.1 Butter (whipped, pasteurized)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online, Pour Plate Method
	Mold and Yeast count	Std. Methods Dairy Products
02.2 Butter made from unpasteurized milk or milk products	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
02.3 Margarine	Aerobic Plate Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
<b>03.0 Edible Ices, Including Sherbet and Sorbet</b>		
03.1 Ice Cream & Sherbet (plain and flavored)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
03.2 Ice Cream with added ingredients (nuts, fruits, cocoa)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online, Pour Plate Method
03.3 Flavored Ice	Aerobic Plate Count	BAM Online Pour Plate Method
<b>04.0 Confectioneries</b>		
04.1 Cocoa Powder	Aerobic Plate Count	BAM Online Pour Plate Method
	Mold Count	Std. Method Dairy Product

04.2 Chocolate Products	Aerobic Plate Count	BAM Online Pour Plate Method
	Mold Count	Std. Method Dairy Product
04.3 Chocolate Confectionaries (chocolate bars, blocks, bonbons)	Aerobic Plate Count	BAM Online Pour Plate Method
	Mold Count	Std. Method Dairy Product
04.4 Sugar Confectionaries (Hard and soft candies, toffees, caramel, fondants, creams, nougats and pastes)	Aerobic Plate Count	BAM Online Pour Plate Method
	Mold and Yeast Count	Std. Method Dairy Product
<b>06.0 Egg and Egg Products</b>		
06.1 Pasteurized Egg Products	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
<b>07.0 Cereals and Cereal Products</b>		
07.1 Breakfast cereals	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Mold Count	Std. Method Dairy Products
07.2 Cereals/Cereal Grains	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
07.3 Cultured seeds and grains (e.g, bean sprouts, alfalfa)	Coliform Count	BAM Online Pour Plate Method
07.5 Flour, Corn meal, Corn grits, Semolina	Coliform Count	BAM Online Pour Plate Method
	Mold Count	Std. Method Dairy Products
07.7 Soy Protein	Aerobic Plate Count	BAM Online Pour Plate Method

	Coliform Count	BAM Online, Pour Plate Method
07.9 Pasta Products and Noodles Uncooked (wet and dry)	Aerobic Plate Count	BAM Online, Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
07.10 Starch	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
<b>08.0 Bakery Products</b>		
08.3 Frozen and Refrigerated Doughs (Chemically leavened)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
08.3 Frozen and Refrigerated Doughs (Chemically leavened)	Yeast & Yeastike Fungi	Std. Method Dairy Products
	Mold Count	Std. Method Dairy Products
08.4 Frozen and Refrigerated Doughs	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast & Yeastike Fungi	Std. Method Dairy Products
	Mold Count	Std. Method Dairy Products
08.5 Baked Goods	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
<b>09.0 Ready to Eat Savouries</b>		
	Aerobic Plate Count	BAM Online Pour Plate Method

09.1 Snack Foods	Coliform Count	BAM Online Pour Plate Method
	Yeast & Yeastlike Fungi	Std. Method Dairy Products
	Mold Count	Std. Method Dairy Products
<b>11.0 Fish and Fish Products</b>		
11.1 Fresh and Frozen Fish and Cold-Smoked	Aerobic Plate Count	BAM Online Pour Plate Method
11.2 Pre-Cooked Breaded Fish	Aerobic Plate Count	BAM Online Pour Plate Method
11.3 Frozen Raw Crustaceans	Aerobic Plate Count	BAM Online, Pour Plate Method
11.4 Frozen Cooked Crustaceans	Aerobic Plate Count	BAM Online, Pour Plate Method
11.5 Cooked, Chilled and Frozen Crabmeat	Aerobic Plate Count	BAM Online, Pour Plate Method
11.6 Fresh and Frozen Bivalve Molluscs	Aerobic Plate Count	BAM Online, Pour Plate Method
<b>12.0 Spices, Soups, Sauces, Salads and Protein Products</b>		
12.1 Dry Mixes for Soup and Sauces	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
12.2 Spices	Aerobic Plate Count	BAM Online Pour Plate Method
12.3 Spices (ready to eat)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
12.4 Salad Dressing (e.g. Mayonnaise, Thousand Island, Ranch, French)	Aerobic Plate Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
<b>13.0 Beverages</b>		



13.1 Non-alcoholic beverages (e.g. Ready to drink softdrinks, iced tea, energy drinks)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
	Yeast and Mold Count	Std. Method Dairy Products
13.2 Frozen Juice Concentrate	Aerobic Plate Count	BAM Online Pour Plate Method
13.3 Powdered Beverages (e.g. Iced tea, powdered juice/mixes)	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
<b>14.0 Food for Infants and Young Children</b>		
14.1 Powdered Infant Formula with or without added Lactic acid producing cultures (intended for 0 to 6 months)	Aerobic Plate Count	BAM Online Pour Plate Method
14.2 Follow-up Formula/ Milk Supplement (Intended for infants 6 months on and for young children 12-36 months of age)	Aerobic Plate Count	BAM Online Pour Plate Method
14.5 Dried and Instant products requiring reconstitution	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
14.6 Dried products requiring reconstitution and boiling before consumption	Aerobic Plate Count	BAM Online Pour Plate Method
	Coliform Count	BAM Online Pour Plate Method
14.7 Cereal based foods for infants	Aerobic Plate Count	BAM Online Pour Plate Method
<b>Products</b>	<b>Specific Tests</b>	<b>Method/ Reference</b>
<b>I. Cosmetics</b>		
Cosmetic, Perfumes and essential oils	Aerobic Plate Count	ASEAN Harmonized Regulatory
	Yeast and Mold Count	

	<i>P. aeruginosa</i>	
	<i>S. aureus</i>	