

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

Address : 62 20<sup>th</sup> Avenue Cubao  
Quezon City, 112  
Telephone No. : (02)8913-0241, (02)8709-2644  
Fax No. : (02)8913-8848  
E-mail : cubao.fastlaboratories@gmail.com  
ymsalilid.fastlaboratories@gmail.com

Contact Person : Ms. Evangeline B. Valdez  
Laboratory Business Manager  
Yehlen Salilid  
Quality Assurance Manager

Field of Testing : Chemical Testing and  
Microbiological Testing

#### Chemical Testing

Product	Specific Test	Method/Reference
<b>I. Foods</b>		
<b>.01 Cereal and Cereal Products</b>		
1. Breakfast Cereals	Moisture	Air Oven Drying / AOAC 925.10/935.36/935.39
2. Cereal / Cereal Grains	Fat	Acid Hydrolysis / AOAC922.06
3. Cultured Seed and Grains	Ash	Ignition/AOAC 923.03
4. Soya Flours Concentrates and isolates	Protein	Kjeldahl Method
5. Flour, Corn Meal, Corn Grits, Semolina	Vitamin A	AOAC 2002.13,HPLC Method
6. Frozen Entrees Containing Rice or Corn Flour	Invert Sugar (Glucose)	Modified AOAC No. 975.14
7. Soy Protein		
8. Tofu		
9. Pasta Products and Noodles (e.g. rice paper, rice vermicelli, soybean pastas, and noodles)	Total Dietary Fiber	AOAC 985.29

10. Starch		
<b>.03 Dairy Products</b>		
3. Ice Cream and Sherbet Plain and Flavoured	Moisture	Air Oven Drying/ AOAC No. 9920
4. Ice Cream with Added Ingredients	Ash	Ignition/ AOAC No. 945.16
5. Flavored Ice	Fat	Mojonnier Extraction/ AOAC No. 989.05/932.06
6. Milk Powders (whole, nonfat or filled milk, buttermilk, whey & whey protein concentrate)	Protein	Kjeldahl Method
7. Sweetened Condensed Milk	Vitamin A	AOAC 2002.13, HPLC Method
8. Liquid Milk (evaporated or Ready to Drink) and Cream (Ultra Heat Temperature / Sterilized)		
9. Pasteurized Milk	Total Dietary Fiber	AOAC 985.29
10. Pasteurized Cream		
11. Yogurt and Other Fermented Milk		
<b>.04 Meat and Meat Products</b>		
1. Dried Animal Products	Moisture	Air Oven Drying/ AOAC No. 950.46
2. Meat Paste and Pate (heat treated)	Fat	Soxhlet Extraction/AOAC No. 960.39
3. Cold Cuts, Frozen and Chilled Hotdogs, Corned Beef, Luncheon Meat	Ash	Ignition / AOAC No. 920.163
4. Packaged Cooked cured / salted meat (ham, bacon)	Protein	Kjeldahl Method
5. Fermented, Comminuted Meat, Not Cooked (dry and semi-dry fermented sausages)		

6. Cooked Poultry Meat, Frozen to be re-heated before eating (e.g. prepared frozen meals)	Total Dietary Fiber	AOAC 985.29
7. Cooked Poultry Meat, Frozen, Ready-to-Eat (e.g. turkey rolls)		
8. Cured / Smoked Poultry Meat		
10. Fresh / Frozen Raw Chicken (During Processing)		
11. Meat Products in Hermetically Sealed Containers		
<b>.05 Fish and Fish Products, Including Molluscs, Crustaceans and Echinoderms</b>		
1. Fresh and Frozen Fish and Cold-Smoked	Histamine	Fluorometry/ AOAC No. 977.13
2. Pre-Cooked Breaded Fish	Moisture	Air Oven Drying- AOAC No. 952.08
3. Frozen Cooked Crustaceans	Ash	Ignition AOAC 938.08
4. Cooked, Chilled & Frozen Crabmeat	Fat	Acid Hydrolysis AOAC No. 948.14
5. Fish and Shellfish Products in Hermitically Sealed Containers	Protein	Kjeldahl
6. Smoked, Dried, Fermented, and / or Salted Fish and Fish Products		

<b>.08 Fruits, Jams and other Fruit Products</b>		
1. Frozen Fruits	Invert Sugar (Sucrose)	AOAC No. 930.36
2. Coconut (desiccated)		
3. Sun Dried Fruit		
4. Jams, Jellies, Marmalades		
5. Fruit-based Products		
6. Candied Fruit		
7. Fruit Preparations (pulp, purees, fruit toppings and coconut milk)		
8. Fermented Fruit Products		
9. Fruit Filling for Pastries		
<b>.10 Alcoholic Beverages</b>		
1. Beer and Malt Beverages	Ethanol	GC Validated Method
2. Cider & Perry		
3. Grape Wines		
4. Wines other than Grapes		
5. Distilled Spirits Containing more than 15% Alcohol		
6. Aromatized Alcoholic Beverages (e.g. beer, wine and spirituous cooler-type beverages, low alcoholic refreshers)		
<b>.12 Fruit Juices, Drinks and Concentrates</b>		
1. Fruit and Vegetable Juices	Invert Sugar (Sucrose)	AOAC No. 930.36
2. Fruit and Vegetable Nectars		

3. Water-Based Flavoured Drinks (Carbonated, Non-Carbonated, Concentrates (liquid or Solid)		
4. Coffee, Coffee Subtitutes, Tea, Herbal Infusions, and Other Hot Cereal and Grain Beverages, Excluding Cocoa		
<b>.13 Edible Fats &amp; Oils</b>		
1. Butter (whipped, pasteurized)	Fatty Acid Profile	Gas Chromatography
2. Butter made from unpasteurized Milk and Milk Products		
3. Fats and Oils Essentials 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>VI. Water</b>		
.01 Bottled Water	pH	Electrometric Method/ SMEWW 4500-H+B
	Color	Visual Comparison/ SMEWW 2120B
	Turbidity	Nephelometric/SMEWW 2130B
	Total Hardness as CaCO3	Titrimetric/ SMEWW 2340C. EDTA
	Chlorides	Argentometric/ SMEWW4500 Cl-B
	Total Dissolved Solids	Gravimetric @1800C/ SMEWW 2540C
	Iron	3111 B. Direct Acetylene

	Chromium	Flame Method/ SMEWW
	Lead	
	Nickel	
	Copper	
	Arsenic	3500-As/ SMEWW

#### Legend to Reference Methods

AOAC - Association of Official Analytical Collaboration International

SMEWW - Standard Methods for the Examination of Water and Wastewaters

\*\*\*\*\* Nothing Follows \*\*\*\*\*

### Microbiological Testing

Product	Specific Test	Method/Reference
<b>I. Foods</b>		
<b>1.0 Milk and Dairy products</b>		
01.1 Milk powder (e.g whole nonfat or filled milk, whey & whey protein concentrates) (intended for children more than 36 months of age and adults)	Aerobic Plate Count	Pour Plate Method/ Std Method for Dairy Products
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
01.2 Sweetened condensed milk	Aerobic Plate Count	Pour Plate Method/ Std Method for Dairy Products
	Coliform Count	Pour Plate Method/ Std Method for Dairy Products
	Yeast and Mold Counts	Spread Plate Method/ Std Method for Dairy Products
01.4 Pasteurized milk	Aerobic Plate Count	Pour Plate Method/ Std. Method for Dairy Products
	Coliform Count	Pour Plate Method/ Std Method for Dairy Products
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
01.5 Pasteurized cream	Aerobic Plate Count	Pour Plate Method/ Std Method for Dairy Products

	Coliform Count	Pour Plate Method/ Std Method for Dairy Products
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
01.6 Yogurt and other fermented milk	Coliform Count	Pour Plate Method/ Std Method for Dairy Products
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
01.7 Cheese and cheese products; e.g. Cottage cheese, soft and semi-soft cheese (moisture > 39%, pH > 5)	Coliform Count	MPN Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
01.8 Processed cheese spread	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
01.9 All raw milk cheese; raw milk unripened cheese with moisture > 50%, pH > 5.0	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>02.0 Fats and oils, and fat emulsions</b>		
02.1 Butter (whipped, pasteurized)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
02.2 Butter made from unpasteurized milk or milk products	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online

02.3 Margarine	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Faecal Colifom	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
<b>03.0 Edible ices, including sherbet and sorbet</b>		
03.1 Ice cream and sherbet (plain and flavoured)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
03.2 Ice cream with added ingredient (nuts, fruits, cocoa etc.)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
03.3 Flavored ice (e.g. Ice candy)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
<b>04.0 Confectioneries</b>		
04.1 Cocoa powder	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method/ BAM Online
	Molds Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
04.2 Chocolate products	Aerobic Plate Count	Pour Plate Method/ BAM Online



	Coliform Count	MPN Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
04.3 Chocolate confectioneries (chocolate bars, blocks and bonbon)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method / BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
04.4 Sugar confectioneries (hard and soft candies, toffees, caramel, fondants, creams, nougats and pastes)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>05.0 Fruits and vegetables, nuts and seeds</b>		
05.2 Frozen vegetables and fruits (pH >4.5)	<i>E. coli</i> Count	MPN Method/ BAM Online
05.2 Fermented fruits and vegetables, Ready to Eat (e.g. Kimchi)	Coliform Count <i>E. coli</i> Count	MPN Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
05.4 Dried vegetables	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
05.5 Coconut (desiccated)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
05.6 Peanut Butter & other Nut Butters	<i>Salmonella</i> Detection	Conventional Mathod/ BAM Online
05.7 Sun dried fruit	<i>E. coli</i> Count	MPN Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online

<b>06.0 Egg and egg products</b>		
06.1 Pasteurized egg products (liquid, frozen or dried)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ US FDA BAM
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>07.0 Cereals and cereal products</b>		
07.1 Breakfast cereals	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	Yeast Count	Spread Plate Method/ BAM Online
07.2 Cereal/cereal grains	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>E. coli</i>	MPN Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
07.3 Cultured seeds and grains	Coliform Count	Pour Plate Method/ BAM Online
	<i>E. coli</i>	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
07.4 Soya flours concentrates and isolates	Mold Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
07.5 Flour, corn meal, corn grits, semolina	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	Yeast and yeastlike fungi	Spread Plate Method/ BAM Online

07.7 Soy protein	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>E. coli</i>	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
07.8 Tofu	<i>E. coli</i>	MPN Method/ BAM Online
07.9 Pasta products and noodles Uncooked (wet and dry)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
07.10 Starch	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
<b>08.0 Bakery Products</b>		
08.1 Frozen bakery products (ready to eat) with low acid or high $a_w$ fillings or toppings	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
08.2 Frozen bakery products (to be cooked) with low acid or high $a_w$ fillings or toppings (e.g. meat pies and pizzas)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
08.3 Frozen and refrigerated dough (Chemically leavened)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online

	Yeast and yeastlike fungi	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
08.4 Frozen and refrigerated dough	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	Yeast and yeastlike fungi	Spread Plate Method/ BAM Online
08.5 Baked goods (microbiologically sensitive types e.g. containing eggs and dairy products)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Yeast and Mold Count	Spread Plate Method/ BAM Online
08.6 Coated or filled, dried shelf-stable biscuits	Coliform	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>09.0 Ready-to-eat savouries</b>		
09.1 Snacks foods	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	Yeast and yeastlike fungi	Spread Plate Method/ BAM Online
<b>10.0 Meat and meat products</b>		
10.1 Dried animal products	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.2 Meat paste and pate' (heat treated)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online

10.3 Cold cuts, frozen and chilled hotdogs, corned beef, luncheon meat	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.4 Packaged cooked cured/salted meat (ham, bacon)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.5 Fermented, comminuted meat, not cooked (dry and semi-dry fermented sausages)	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.6 Cooked poultry meat, frozen to be re-heated before eating (e.g. prepared frozen meals)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.7 Cured/smoked poultry meat	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
10.8 Dehydrated poultry products	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>11.0 Fish and fish products</b>		
11.1 Fresh frozen fish and cold-smoked	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
11.2 Pre-cooked breaded and fish	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
11.3 Frozen raw crustaceans	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online

	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
11.4 Frozen cooked crustaceans	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
11.5 Cooked, chilled and frozen crabmeat	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
11.6 Fresh and frozen bivalve molluscs	Aerobic Plate Count	Pour Plate Method/ BAM Online
	<i>E. coli</i> Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>12.0 Spices, soups, sauces, salads and protein products</b>		
12.0 Dry mixes for soup and sauces	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
12.2 Yeast	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
12.3 Spices	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
12.4 Spices (ready to eat)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Mold Count	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online

12.5 Salad dressing (Mayonnaise, Thousand Island, Ranch, French etc.)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>13.0 Beverages</b>		
13.1 Non-alcoholic beverages (e.g. Ready to drink softdrinks, iced tea, energy drinks)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
13.2 Frozen juice concentrate	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Yeast and Mold Counts	Spread Plate Method/ BAM Online
13.3 Powdered beverages (e.g. iced tea, powdered juices/mixes)	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
<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 old)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
14.2 Follow up formula /milk supplement (intended for infants 6 months on and for young children 12-36 months of age)	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
14.5 Dried and instant products requiring reconstitution	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online

14.6 Dried products requiring reconstitution and boiling before consumption	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	Pour Plate Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
14.7 Cereal based foods for infants	Aerobic Plate Count	Pour Plate Method/ BAM Online
	Coliform Count	MPN Method/ BAM Online
	<i>Salmonella</i> Detection	Conventional Method/ BAM Online
<b>III. Cosmetics</b>		
1.0 Cosmetics 2.0 Perfumes 3.0 Hygiene Products 4.0 Detergent & other Products	Aerobic Plate Count	Spread Plate Method/ BAM Online
	Mold and Yeast Count	Spread Plate Method/ BAM Online
	<i>Staphylococcus aureus</i>	Streak Plate Method/ BAM Online
<b>IV. Water</b>		
<b>1.0 Bottled water</b>		
1.0 Bottled Water	Heterotrophic Plate Count	Pour Plate Method/ SMEWW 9215 B, 23rd ed
	Total Coliform Count	MTFT/ SMEWW 9221 B-C, 9221E, 3rd ed
	Fecal Coliform Count	
	<i>E. coli</i> Count	MTFT/ SMEWW 9221G - 23rd edition

#### Legend to Reference Methods

BAM - United States Food and Drug Administration Bacteriological Analytical Manual

SMEWW - Standard Methods for the Examination of Water and Wastewaters

\*\*\*\*\* Nothing Follows \*\*\*\*\*