





The **Fry 1000 Instant Words** are a list of the **most common words** used for teaching reading, writing, and spelling.

 These high frequency words should be **recognized instantly** by readers.

 Dr. Edward B. Fry's Instant Words (which are often referred to as the "Fry Words") are the **most common words** used in English **ranked in order of frequency**.

 In 1996, Dr. Fry expanded on [Dolch's sight word lists](#) and research and published a book titled "*Fry 1000 Instant Words*." In his research, **Dr. Fry found the following results:**

- **25 words** make up approximately **1/3** of all items published.
- **100 words** comprise approximately **1/2** of all of the words found in publications.
- **300 words** make up approximately **65%** of all written material.

 Over **half** of every newspaper article, textbook, children's story, and novel is **composed of these 300 words**. It is difficult to write a sentence without using several of the first 300 words in the Fry 1000 Instant Words List. Consequently, **students need to be able to read the first 300 Instant Words** without a moment's hesitation.