## exchange list work?

 The Dairy Queen system wants to help you maintain healthy eating habits. That's why we've developed the Dairy Queen/Brazier Exchange List.The Dairy Queen/Brazier Exchange List is based on the Food Exchange System, which is a simplified way to organize foods into groups. The exchange lists are the basis of a meal-planning system designed by a committee of the American Diabetes Association and the American Dietetic Association. These lists give you many choices among different groups of foods, so that you will find it easy to balance the foods you eat with the special needs of your body. While designed primarily for people with diabetes and others who must follow special diets, the exchange lists are based on principles of good nutrition that apply to everyone. It's a convenient guide to help you meet your special nutritional needs and still enjoy your favorite Dairy Queen/Brazier products.

If you have questions or need anoitional information just write:
international dairy pueen, inc. Nutrition/Research \& bevelopment дept. p.o. box 390286

Minneapolis, MN 55439-0286


SOMETHING DIFFERENT

##  <br> Dairy Queen® Soft Serve... <br> tradition of good taste.

2004 Nutrition Facts


As the name implies, our traditional Dairy Queen soft serve is produced with wholesome milk to give it that creamy smooth texture and taste you've come to love. Dairies who make our soft serve must meet our rigorous standards to ensure you receive only the highest quality product. And at 35 calories per fluid ounce, it's the only way to treat yourself right.

Dairy Queen soft serve is a delicious reduced fat ice cream containing the following ingredients: Milkfat and Nonfat Milk, Sugar, Corn Syrup, Whey, Mono and Diglycerides, Artificial Flavor, Guar Gum, Polysorbate 80, Carrageenan and Vitamin A Palmitate.

## 100\% pure quality

Dairy Queen®/Brazier® 100\% beef hamburgers are made with the finest quality, lean USDA inspected beef. Absolutely no additives, fillers or extenders such as soy by-products are used in our hamburger. Our mouth-watering Grilled and Crispy Chicken Breast Fillet Sandwiches, Chicken Strips and Chicken Salads are indescribably good.

All fried foods at Dairy Queen/Brazier restaurants are prepared in a carefully formulated $100 \%$ vegetable oil blend.

Some Dairy Queen restaurants sell food that is not the licensed Brazier® line of food products. The information on food products contained in this guide applies only to the Brazier products served by authorized Dairy Queen/Brazier restaurants.

## Helping you make <br> healthy choices

Dairy Queen/Brazier locations offer a wide variety of menu options that can fit into any healthy well-balanced diet. According to the USDA, variety, moderation and balancing your food choices are the keys to healthy eating.

How can Dairy Queen/Brazier foods fit into your balanced diet? Options such as, grilled chicken for your sandwich or salad, or substituting a side salad for your French Fries are just a few examples of how we're helping you meet your nutritional needs. Don't forget that many Dairy Queen locations offer a fat-free dressing for your salad and our no fat, no sugar added novelty items such as our DQ ${ }^{\text {® }}$ Fudge, DQ Vanilla Orange, DQ Raspberry Vanilla and DQ Vanilla Fudge Bars weigh in at 50 calories or less and have 0 grams of fat.


## Allergies and food intolerances

For customers with peanut and nut allergies, these items are used in products sold in Dairy Queen Brazier restaurants. Although we use our best efforts, it is impossible to quarantee that any Dairy Queen product will be free of peanut or other nuts.
In addition to being a delicious reduced fat ice cream, DQ vanilla and chocolate soft serve, available at participating locations, are also gluten-free.

| 2004 Nutrition E Exchange Guide Dairy Queen®／Brazier®／Softserve |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Burgers |  |  |  |  |  |  | $\begin{aligned} & \text { 들 } \\ & \text { 言 } \\ & \text { 品 } \end{aligned}$ |  |  | $\begin{aligned} & \text { n } \\ & \frac{\pi}{4} \\ & \text { 㤂 } \\ & \text { un } \end{aligned}$ |  |  |  |  |  |  |
| 0a Homestylee Hamburger | 138 | 290 | 110 | 12 | 5 | 45 | 630 | 29 | ？ | 5 | 17 | 4 | 6 | 6 | 15 | 25 tarch， 2 Medium Fat Meat |
| 0a Homestylee Cheeseburger | 152 | 340 | 150 | 17 | 8 | 55 | 850 | 29 | 2 | 5 | 20 | 10 | 6 | 15 | 20 | 25 farch， 2 Medium Fat Meat，1 1 at |
| Da Homestyle® Double Cheeseburger | 219 | 540 | 280 | 31 | 16 | 115 | 1130 | 30 | ？ | 5 | 35 | 15 | 6 | 25 | 25 | 2 Starch， 4 Medium Fat Meat， 2 Fat |
| OQ Homestyle B Bacon Double Chesshurger | 255 | 610 | 320 | 36 | 18 | 130 | 1380 | 31 | 2 | 6 | 41 | 15 | 10 | 25 | 25 | 2 Starch， 5 Medium Fat Meat， 2 Fat |
| DO Ullimatee Burger | 269 | 670 | 390 | 43 | 19 | 135 | 1210 | 29 | 2 | 6 | 40 | 15 | 15 | 25 | 25 | 2 Starch， 5 Medium Fat Meat， 3 Fat |
| Hot Dogs |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hot Dog | 99 | 240 | 120 | 14 | 5 | 25 | 730 | 19 | 1 | 4 | 9 | 2 | 6 | 6 | 10 | 1 Starch， 1 High Fat Meat， 1 Fat |
| Chili＇N＇Cheese Dog | 142 | 330 | 190 | 21 | 9 | 45 | 1090 | 22 | 2 | 4 | 14 | 15 | 6 | 15 | 10 | 11／2 Starch，11／2 High Fat Meat， 1 1／2 Fat |
| Sandwiches／Baskets |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Breaded Chickn Sandwich | 211 | 510 | 240 | 27 | 4 | 40 | 1070 | 47 | 4 | 9 | 19 | 8 | 15 | 8 | 25 | 3 Starch， 2 Lean Meat， 4 Fat |
| Grilled Chicken Sandwich | 189 | 340 | 150 | 16 | 2.5 | 55 | 1000 | 26 | 2 | 4 | 22 | 8 | 15 | 6 | 10 | 2 Starch， 3 Lean Meat，4 Fat |
| Chicken Strip Basketw＊ | 415 | 1000 | 450 | 50 | 13 | 55 | 2510 | 102 | 5 | 3 | 35 | 4 | 15 | 6 | 25 | 7 Starch， $21 / 2$ Lean Meat， $71 / 2 \mathrm{Fat}$ |
| Salads |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Crispy Chicken Salad－notessing | 392 | 350 | 180 | 20 | 6 | 40 | 620 | 21 | 6 | 9 | 21 | 120 | 60 | 15 | 10 | 1 Veg， 15 tarch， 3 Very Lean Meat， 3 fat |
| Grilled Shicken Salad－notressing | 389 | 240 | 90 | 10 | 5 | 65 | 950 | 12 | 4 | 7 | 26 | 120 | 60 | 15 | 8 | $2 \mathrm{Veg}, 3$ Very Lean Meat， $11 / 2$ Fat |
| Side Salad | 126 | 60 | 25 | 2.5 | 1.5 | 5 | 60 | 6 | 2 | 4 | 3 | 90 | 30 | 6 | 2 | 1 Veg， $1 / 2 \mathrm{Fat}$ |
| Salad Dressings |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DQ® Honey Mustard Dressing | 57 | 260 | 190 | 21 | 3.5 | 20 | 370 | 18 | 0 | 11 | 1 | 0 | 0 | 2 | 6 | 10 Oher Carb， 4 Fat |
| Wish－bone ${ }^{\oplus}$ Fat Free Italian Dressing | 43 | 25 | 0 | 0 | 0 | 0 | 520 | 6 | 0 | 4 | 0 | 2 | 0 | 0 | 0 | $1 / 2$ Other Carb |
| $\mathrm{DQ}^{\ominus}$ Blue Chese Dressing | 57 | 210 | 180 | 20 | 4 | 5 | 700 | 4 | 0 | $?$ | $?$ | 2 | 0 | 6 | 0 | 4 Fat |
| D $\mathrm{Q}^{\text {® Ranch }}$ Dressing | 57 | 310 | 300 | 33 | 5 | 25 | 390 | 3 | 0 | 2 | 1 | 0 | 0 | 2 | 0 | $61 / 2$ Fat |
| Fat Free Honey Mustard Dressing | 43 | 50 | 0 | 0 | 0 | 0 | 160 | 13 |  | 7 | 0 | 0 | 0 | 0 | 0 | 1 Other Carb |
| Reduced Calorie Buttermilk Dressing | 43 | 140 | 120 | 13 | 2 | 15 | 390 | 5 | 0 | 2 | 0 | 0 | 0 | 2 | 0 | 21／2 Fat |
| Fat Free Thousand Island Dressing | 43 | 60 | 0 | 0 | 0 | 0 | 400 | 16 | 0 | 10 | 0 | 2 | 0 | 0 | 0 | 10 ther Carb |
| Fat Free Ranch Dressing | 43 | 60 | 0 | 0 | 0 | 0 | 410 | 13 | 1 | 4 | 1 | 0 | 0 | 0 | 0 | 10 ther Carb |
| Fat Free Red French Dressing | 43 | 40 | 0 | 0 | 0 | 0 | 330 | 10 | 0 | 7 | 0 | 2 | 0 | 0 | 2 | $1 / 2$ Other Carb |
| Fat Free Italian Dressing | 43 | 10 | 0 | 0 | 0 | 0 | 390 | 3 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | Free |
| Fat Free Buttermilk Ranch Dressing | 43 | 30 | 0 | 0 | 0 | 0 | 440 | 6 | 0 | 3 | 1 | 0 | 0 | 2 | 0 | $1 / 2$ Other Carb |
| Fries／Onion Rings |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Small French Fries | 113 | 300 | 110 | 12 | 2.5 | 0 | 700 | 45 | 3 | ＜1 | 3 | 0 | 15 | 2 | 4 | 3 5tarch， 2 Fat |
| Medium French Fries | 142 | 380 | 140 | 15 | 3 | 0 | 880 | 56 | 4 | ＜1 | 4 | 0 | 20 | ？ | 6 | 4 5tarch， 2 Fat |
| Large French Fries | 184 | 480 | 170 | 19 | 4 | 0 | 1140 | 72 | 5 | ＜1 | 5 | 0 | 30 | 4 | 6 | 5 5tarch， 3 Fat |
| Onion Rings | 113 | 470 | 270 | 30 | 6 | 0 | 740 | 45 | 3 | 7 | 6 | 0 | 30 | 4 | 6 | 3 Starch， $51 /$ F Fat |
| Cones |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| $0 Q^{\circledR}$ Vanilla Soft Serve， $1 / 2$ Lup | 94 | 140 | 40 | 4.5 | 3 | 15 | 70 | 22 | 0 | 19 | 3 | 10 | 0 | 15 | 4 | $11 / 2$ Carb， 1 Fat |
| $\mathrm{Da}^{\otimes}$ Chocolate Soft Serve， $1 / 2$ Lup | 94 | 150 | 45 | 5 | 3.5 | 15 | 75 | 22 | 0 | 17 | 4 | 10 | 0 | 10 | 4 | $11 / 2 \mathrm{Carb}, 1 \mathrm{Fat}$ |
| Small Vanilla Cone | 142 | 230 | 60 | 7 | 4.5 | 20 | 115 | 38 | 0 | 27 | 6 | 10 | 2 | 20 | 6 | $21 / 2$ Carb， 1 1／2 Fat |
| Medium Vanilla Cone | 198 | 330 | 90 | 9 | 6 | 30 | 160 | 53 | 0 | 38 | 8 | 15 | 4 | 25 | 10 | $31 / 2 \mathrm{Carb}, 2 \mathrm{Fat}$ |
| Large Vanilla Cone | 284 | 480 | 130 | 15 | 9 | 45 | 230 | 76 | 0 | 55 | 11 | 20 | 6 | 35 | 15 | 5 Carb， 3 Fat |
| 5mall Chocolate Cone | 142 | 240 | 70 | 8 | 5 | 20 | 115 | 37 | 0 | 25 | 6 | 15 | 0 | 15 | 6 | $21 / 2$ Carb， $11 / 2 \mathrm{Fa}$ |
| Medium Chocolate Cone | 198 | 340 | 100 | 11 | 7 | 30 | 160 | 53 | 0 | 34 | 8 | 15 | 2 | 25 | 10 | $31 / 2 \mathrm{Carb}, 2 \mathrm{Fat}$ |
| 5 mall Dipped Cone | 156 | 340 | 150 | 17 | 9 | 20 | 130 | 42 | 1 | 31 | 6 | 10 | 2 | 20 | 5 | 3 Carb， 3 Fat |
| Medium Dipped Cone | 220 | 490 | 220 | 24 | 13 | 30 | 190 | 59 | 1 | 43 | 8 | 15 | 4 | 25 | 10 | 4 Carb， 5 Fat |
| Large Dipped Cone | 312 | 710 | 330 | 36 | 17 | 45 | 250 | 85 | ， | 63 | 12 | 20 | 6 | 35 | 15 | $51 / 2 \mathrm{Carb}, 7 \mathrm{Fat}$ |
| Malts，Shakes and Misty |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Small Chocolate Malt | 418 | 640 | 150 | 16 | 11 | 55 | 340 | 111 | 1 | 97 | 15 | 20 | 4 | 45 | 10 | $71 / 2$ Carb， 3 Fat |
| Medium Chocolate Malt | 567 | 870 | 200 | 22 | 14 | 70 | 450 | 153 | 2 | 134 | 20 | 25 | 4 | 60 | 10 | 10 Carb， 3 Fat |
| Large Choolate Malt | 836 | 1320 | 310 | 35 | 22 | 110 | 670 | 222 | ？ | 194 | 29 | 40 | 8 | 90 | 20 | 15 Carb， 4 Fat， 7 Fat |
| Small Chocolate Shake | 397 | 560 | 140 | 15 | 10 | 50 | 280 | 93 | 1 | 83 | 13 | 20 | 4 | 45 | 8 | 6 Carb， 3 Fat |
| Medium Chocolate Shake | 539 | 760 | 180 | 20 | 13 | 70 | 370 | 129 | 2 | 115 | 17 | 25 | 4 | 60 | 10 | $81 / 2$ Carb， 4 Fat |
| Large Chocolate Shake | 794 | 1140 | 300 | 33 | 21 | 105 | 550 | 186 | 3 | 165 | 26 | 40 | 8 | 90 | 15 | $121 / 2 \mathrm{Carb}, 61 / 2 \mathrm{Fat}$ |
| 5 mall Misty Slush | 454 | 220 | 0 | 0 | 0 | 0 | 20 | 56 | 0 | 56 | 0 | 0 | 0 | 0 | 0 | 4 Carb |
| Medium Mistyo Slush | 595 | 290 | 0 | 0 | 0 | 0 | 30 | 74 | 0 | 74 | 0 | 0 | 0 | 0 | 0 | 5 Carb |
| Sundaes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 5mall Strawberry Sundae | 163 | 240 | 60 | 7 | 4.5 | 20 | 110 | 40 | 0 | 35 | 5 | 15 | 10 | 20 | 4 | $21 / 2$ Carb， 1 Fat |
| Medium Strawberry Sundae | 234 | 340 | 80 | 9 | 6 | 30 | 160 | 58 | ＜1 | 51 | 7 | 25 | 15 | 30 | 8 | 4 Carb， 2 Fat |
| Large Strawberry Sundae | 333 | 500 | 130 | 15 | 5 | 45 | 230 | 83 | ＜1 | 72 | 10 | 25 | 30 | 40 | 10 | $51 / 2$ Carb， 3 Fat |
| 5mall Chocolate Sundae | 163 | 280 | 60 | 7 | 4.5 | 20 | 140 | 49 | 0 | 42 | 5 | 10 | 0 | 20 | 6 | 3 Carb， 1 Fat |
| Medium Chocolate Sundae | 234 | 400 | 90 | 10 | 6 | 30 | 210 | 71 | 0 | 61 | 8 | 15 | 0 | 25 |  | 50 ther Carb， 2 Fat |
| Large Chocolate Sundae | 333 | 580 | 140 | 15 | 10 | 45 | 260 | 100 | 1 | 87 | 11 | 20 | 2 | 35 | 10 | $61 / 2 \mathrm{Carb}, 3 \mathrm{Fat}$ |
| Royal Treatse |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Banana Split | 369 | 510 | 100 | 12 | 8 | 30 | 180 | 96 | 3 | 82 | 8 | 20 | 25 | 25 | 10 | 1 Fruit， $51 / 2$ Carb， 2 Fat |
| Peanut Buster® Parfait | 305 | 730 | 280 | 31 | 17 | 35 | 400 | 99 | 2 | 85 | 16 | 15 | 2 | 30 | 10 | $61 / 2 \mathrm{Carb}, 6 \mathrm{Fat}$ |
| Pecan Pralinetw Parfait | 305 | 720 | 260 | 29 | 11 | 30 | 610 | 105 | 1 | 81 | 9 | 15 | 2 | 30 | 6 | 7 Carb， 6 Fat |
| Triple Chocolate UltopiaTM | 284 | 770 | 350 | 39 | 17 | 55 | 390 | 96 | 5 | 76 | 12 | 20 | 2 | 30 | 10 | $61 / 2 \mathrm{Carb}, 8 \mathrm{Fat}$ |
| 5 Strawberry Shortake | 241 | 430 | 120 | 14 | 9 | 60 | 360 | 70 | 1 | 57 | 7 | 10 | 10 | 25 | 10 | $41 / 2$ Carb， 3 Fat |
| Brownie EarthquakeTM | 304 | 740 | 240 | 27 | 16 | 50 | 350 | 112 | 0 | 86 | 10 | 15 | 0 | 25 | 10 | 4 Carb， 9 Fat |
| Novelties |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| OQ® Sandwich | 85 | 200 | 60 | 6 | 3 | 10 | 140 | 31 | 1 | 18 | 4 | 4 | 0 | 8 | 6 | 2 Carb， 1 Fat |
| Chocolate Dillye Bar | 85 | 210 | 120 | 13 | 7 | 10 | 75 | 21 | 0 | 17 | 3 | 6 | 0 | 10 | 2 | $11 / 2 \mathrm{Carb}, 21 / 2 \mathrm{Fat}$ |
| Buster Bar® | 149 | 450 | 260 | 28 | 12 | 15 | 280 | 41 | 2 | 33 | 10 | 8 | 0 | 15 | 6 | 3 Carb， $51 / 2 \mathrm{Fat}$ |
| Starkisse | 85 | 80 | 0 | 0 |  | 0 | 10 | 21 | 0 | 21 | 0 | 0 | 0 | 0 | 0 | $11 / 2$ Carb |
| DQ® Fudge Bar－No Sugur Added | 66 | 50 | 0 | 0 | 0 | 0 | 70 | 13 | 0 | 3 | 4 | 6 | 0 | 10 | 0 | 1 Carb |
| ${ }^{\text {DQ }}$ V ${ }^{\text {anilla }}$ Orange Bar－No Sugar Added | 66 | 60 | 0 | 0 | 0 | 0 | 40 | 17 | 0 | 2 | 2 |  | 0 | 6 | 0 | 1 Carb |
| Lemon DQ Freez＇re，1／2 Cup | 92 | 80 | 0 | 0 | 0 | 0 | 10 | 20 | 0 | 20 | 0 | 0 | 0 | 0 | 0 | 1 Carb |
| Blizzard ${ }^{\text {d Treats }}$ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Small Oreo® Cookies Blizzard | 283 | 570 | 190 | 21 | 10 | 40 | 430 | 83 | ＜1 | 64 | 11 | 20 | 2 | 35 | 15 | $51 / 2$ Carb， 4 Fat |
|  | 334 | 700 | 240 | 26 | 12 | 45 | 560 | 103 | 1 | 77 | 13 | 20 | 2 | 40 | 15 | 7 Carb， 5 Fat |
| Large Oreo® Cookies Blizzardo | 500 | 1010 | 340 | 37 | 18 | 70 | 770 | 148 | 2 | 113 | 19 | 30 | 4 | 60 | 25 | 10 Carb， 7 Fat |
| Small Chocolate Chip Cookie Dough Blizzard ${ }^{\text {P }}$ | 319 | 720 | 250 | 28 | 14 | 50 | 370 | 105 | 0 | 78 | 12 | 30 | 2 | 35 | 15 | 7 Carb， $51 / 2$ Fat |
| Medium Chocolate Chip Cookie Dough Blizzard® | 446 | 1030 | 360 | 40 | 20 | 70 | 520 | 150 | 0 | 112 | 17 | 40 | 2 | 45 | 20 | 10 Carb， 8 Fat |
| Large Choocolate Chip Cookie Dough Blizard ${ }^{\text {® }}$ | 560 | 1320 | 470 | 52 | 26 | 90 | 670 | 193 |  | 143 | 21 | 50 | 4 | 60 | 25 | 13 Carb， 10 Fat |
| Small Banana Split Blizzard ${ }^{\text {® }}$ | 297 | 460 | 130 | 14 | 9 | 40 | 210 | 73 | $<1$ | 63 | 10 | 20 | 8 | 35 | 8 | 5 Carb， 3 Fat |
| Medium Banana Split Blizzard® | 382 | 580 | 150 | 17 | 11 | 50 | 260 | 97 | 1 | 83 | 12 | 25 | 15 | 40 | 10 | $61 / 2$ Carb， 3 Fat |
| Large Banana Split Blizzard® | 527 | 810 | 210 | 23 | 15 | 70 | 360 | 134 | 2 | 115 | 17 | 30 | 20 | 60 | 15 | 9 Carb， $41 / 2 \mathrm{Fat}$ |
| DQ ${ }^{\circledR}$ Frozen Cake $\qquad$ <br> DQ ${ }^{\oplus}$ Frozen B＂Round Cake，＊＊$^{*}$ 1／8 of Cake |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | ． 184 |  |  |  |  | ${ }^{25}$ | 280 | ${ }^{56}$ | Undeora | ${ }^{42}$ | 7 | 10 | 0 | 20 | 8 | 4 Carb， $\mathrm{ln}^{\prime \prime}$ Fat |

Important Statement：This nutritional information presumes and is dependent upon the operator of the franchised restaurant complying with preparation，ingredient，supply，and portioning requirements．Variations may occur due to differences in procedures at restaurants．Seasonal differences and slight variations among different manufacturers must also be expected．If you have specific questions about certain procedures or ingredients，please ask the operator of the franchised Dairy Queen® restaurant that you visit．Nutritional analysis was performed by R－TECH and Commercial Testing Laboratory，Inc．Representative values from manufacturers and USDA were also used．
Frozen Cake \＆Treat Products：Currently，certain franchised Dairy Queen® restaurants in the states of lllinois and New Jersey，due to historical circumstances，use soft serve mix for making Dairy Queen® cakes and／or treat products that differs， sometimes significantly，from the standard Dairy Queen® mix．The differences，which includes increased butter fat content for the restaurants in New Jersey，do affect the nutritional characteristics of the cakes and／or treat products sold in these restaurants． If you have questions about the mix used at these franchised restaurants，please ask the restaurant operator．

