How Does the Dairy Queen®

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 quide to help you meet your special nutritional needs and still enjoy your favorite Dairy Queen/Brazier products.

IF YOU Have questions or need abbitional information just write:

International bairy queen, inc.

NUTRITION/RESEARCH & DEVELOPMENT DEPT.

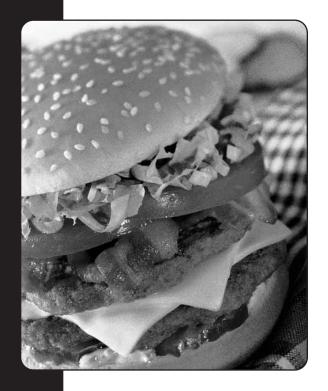
p.o. BOX 390286

MINNEAPOLIS, MN 55439-0286





Nutrition Facts



Dairy Queen® Soft Serve...

tradition of good taste.

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.

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

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* Fudge, DQ Vanilla Orange, DQ Raspberry Vanilla and DQ Vanilla Fudge Bars weigh in at 50 calories or less and have O grams of fat.

Many DQ locations offer



fat-free dressing.

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 guarantee 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.

Questions about ingredients or allergens? Please ask to see the product labels.

(Nuts and other allergens are used in this facility)

2004 Nutrit	lion	£ E	Exchange			Guide			Dairy Que			ıeen	®/Br	azier®/Softserve		
	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	сносеятекос (mg)	Sobium (gm)	CARBOHYDRATE [g]	DIETARY FIBER [g]	sugars (g)	PROTEIN [g]	PERCENT DAILY VALUE VITAMIN A	PERCENT DAILY VALUE VITAMIN C	PERCENT DAILY VALUE CALCIUM	PERCENT DAILY VALUE IRON	SUGGESTED EXCHANGES
Burgers DQ Homestyle® Hamburger DQ Homestyle® Cheeseburger DQ Homestyle® Double Cheeseburger DQ Homestyle® Bacon Double Cheeseburger DQ Ultimate® Burger	138 152 219 255 269	290 340 540 610 670	110 150 280 320 390	12 17 31 36 43	5 8 16 18 19	45 55 115 130 135	630 850 1130 1380 1210	29 29 30 31 29	2 2 2 2 2	5 5 5 6	17 20 35 41 40	4 10 15 15	6 6 6 10 15	6 15 25 25 25	15 20 25 25 25	2 Starch, 2 Medium Fat Meat 2 Starch, 2 Medium Fat Meat, 1 Fat 2 Starch, 4 Medium Fat Meat, 2 Fat 2 Starch, 5 Medium Fat Meat, 2 Fat 2 Starch, 5 Medium Fat Meat, 3 Fat
Hot Dogs Hot Dog Chili 'N' Cheese Dog	99 142	240 330	120 190	14 21	5 9	25 45	730 1090	19 22	1 2	4	9	2	6	6 15	10 10	1 Starch, 1 High Fat Meat, 1 Fat 1 1/2 Starch, 1 1/2 High Fat Meat, 1 1/2 Fat
Sandwiches/Baskets Breaded Chicken Sandwich Grilled Chicken Sandwich Chicken Strip Basket™ •	211 189 415	510 340 1000	240 150 450	27 16 50	4 2.5 13	40 55 55	1070 1000 2510	47 26 102	4 2 5	9 4 3	19 22 35	8 8 4	15 15 15	8 6 6	25 10 25	3 Starch, 2 Lean Meat, 4 Fat 2 Starch, 3 Lean Meat, 4 Fat 7 Starch, 2 1/2 Lean Meat, 7 1/2 Fat
Salads Crispy Chicken Salad - no dressing Grilled Chicken Salad - no dressing Side Salad	392 389 126	350 240 60	180 90 25	20 10 2.5	6 5 1.5	40 65 5	620 950 60	21 12 6	6 4 2	9 7 4	21 26 3	120 120 90	60 60 30	15 15 6	10 8 2	1 Veg, 1 Starch, 3 Very Lean Meat, 3 Fat 2 Veg, 3 Very Lean Meat, 1 1/2 Fat 1 Veg, 1/2 Fat
Salad Dressings DQ® Honey Mustard Dressing Wish-bone® Fat Free Italian Dressing DQ® Blue Cheese Dressing DQ® Ranch Dressing Fat Free Honey Mustard Dressing Reduced Calorie Buttermilk Dressing Fat Free Thousand Island Dressing Fat Free Ranch Dressing Fat Free Red French Dressing Fat Free Italian Dressing Fat Free Buttermilk Ranch Dressing Fat Free Buttermilk Ranch Dressing	57 43 57 57 57 43 43 43 43 43 43	260 25 210 310 50 140 60 60 40 10	190 0 180 300 0 120 0 0	21 0 20 33 0 13 0 0 0	3.5 0 4 5 0 2 0 0	20 0 5 25 0 15 0 0	370 520 700 390 160 390 400 410 330 390 440	18 6 4 3 13 5 16 13 10 3 6	0 0 0 0 0 0 0	11 4 2 2 7 2 10 4 7 1	1 0 2 1 0 0 0 1 0	0 2 2 0 0 0 0 2 0 2	0 0 0 0 0 0 0 0	2 0 6 2 0 2 0 0	6 0 0 0 0 0 0 0 2	1 Other Carb, 4 Fat 1/2 Other Carb 4 Fat 6 1/2 Fat 1 Other Carb 2 1/2 Fat 1 Other Carb 1 Other Carb 1 Other Carb 1/2 Other Carb
Fries/Onion Rings Small French Fries Medium French Fries Large French Fries Onion Rings	113 142 184 113	300 380 480 470	110 140 170 270	12 15 19 30	2.5 3 4 6	0 0 0 0	700 880 1140 740	45 56 72 45	3 4 5 3	<1 <1 <1 7	3 4 5 6	0 0 0	15 20 30 30	2 2 4 4	4 6 6 6	3 Starch, 2 Fat 4 Starch, 2 Fat 5 Starch, 3 Fat 3 Starch, 5 1/2 Fat
Cones DQ® Vanilla Soft Serve, 1/2 Cup DQ® Chocolate Soft Serve, 1/2 Cup Small Vanilla Cone Medium Vanilla Cone Large Vanilla Cone Small Chocolate Cone Medium Chocolate Cone Small Dipped Cone Medium Dipped Cone Large Dipped Cone Large Dipped Cone Large Dipped Cone	94 94 142 198 284 142 198 156 220 312	140 150 230 330 480 240 340 340 490 710	40 45 60 90 130 70 100 150 220	4.5 5 7 9 15 8 11 17 24 36	3 3.5 4.5 6 9 5 7 9	15 15 20 30 45 20 30 20 30 45	70 75 115 160 230 115 160 130 190 250	22 22 38 53 76 37 53 42 59	0 0 0 0 0 0 0	19 17 27 38 55 25 34 31 43 63	3 4 6 8 11 6 8 6 8	10 10 10 15 20 15 15 10	0 0 2 4 6 0 2 2 4	15 10 20 25 35 15 25 20 25	4 4 6 10 15 6 10 6	1 1/2 Carb, 1 Fat 1 1/2 Carb, 1 Fat 2 1/2 Carb, 1 1/2 Fat 3 1/2 Carb, 2 Fat 5 Carb, 3 Fat 2 1/2 Carb, 1 1/2 Fat 3 Carb, 3 Fat 4 Carb, 3 Fat 4 Carb, 5 Fat 5 1/2 Carb, 5 Fat
Malts, Shakes and Misty®	418 567 836 397 539 794 454 595	640 870 1320 560 760 1140 220 290	150 200 310 140 180 300 0	16 22 35 15 20 33 0	11 14 22 10 13 21 0	55 70 110 50 70 105 0	340 450 670 280 370 550 20	111 153 222 93 129 186 56 74	1 2 2 1 2 2 0	97 134 194 83 115 165 56 74	15 20 29 13 17 26 0	20 25 40 20 25 40 0	4 4 8 4 4 8 0	45 60 90 45 60 90 0	10 10 20 8 10 15 0	7 1/2 Carb, 3 Fat 10 Carb, 3 Fat 15 Carb, 4 Fat, 7 Fat 6 Carb, 3 Fat 8 1/2 Carb, 4 Fat 12 1/2 Carb, 6 1/2 Fat 4 Carb 5 Carb
Sundaes Small Strawberry Sundae Medium Strawberry Sundae Large Strawberry Sundae Small Chocolate Sundae Medium Chocolate Sundae Large Chocolate Sundae	163 234 333 163 234 333	240 340 500 280 400 580	60 80 130 60 90	7 9 15 7 10	4.5 6 9 4.5 6	20 30 45 20 30 45	110 160 230 140 210 260	40 58 83 49 71 100	0 <1 <1 0 0	35 51 72 42 61 87	5 7 10 5 8 11	15 25 25 10 15 20	10 15 30 0 0	20 30 40 20 25 35	4 8 10 6 8 10	2 1/2 Carb, 1 Fat 4 Carb, 2 Fat 5 1/2 Carb, 3 Fat 3 Carb, 1 Fat 5 Other Carb, 2 Fat 6 1/2 Carb, 3 Fat
Royal Treats® Banana Split Peanut Buster® Parfait Pecan Praline™ Parfait Triple Chocolate Utopia™ Strawberry Shortcake Brownie Earthquake™	369 305 305 284 241 304	510 730 720 770 430 740	100 280 260 350 120 240	12 31 29 39 14 27	8 17 11 17 9	30 35 30 55 60	180 400 610 390 360 350	96 99 105 96 70 112	3 2 1 5 1	82 85 81 76 57 86	8 16 9 12 7	20 15 15 20 10	25 2 2 2 10 0	25 30 30 30 30 25 25	10 10 6 10 10	1 Fruit, 5 1/2 Carb, 2 Fat 6 1/2 Carb, 6 Fat 7 Carb, 6 Fat 6 1/2 Carb, 8 Fat 4 1/2 Carb, 3 Fat 4 Carb, 9 Fat
Novelties DQ® Sandwich Chocolate Dilly® Bar Buster Bar® Starkiss® DQ® Fudge Bar - No Sugar Added DQ® Vanilla Orange Bar - No Sugar Added Lemon DQ Freez'r®, 1/2 Cup	85 85 149 85 66 66	200 210 450 80 50 60	60 120 260 0 0	6 13 28 0 0 0	3 7 12 0 0 0	10 10 15 0 0	140 75 280 10 70 40	31 21 41 21 13 17 20	1 0 2 0 0	18 17 33 21 3 2 20	4 3 10 0 4 2	4 6 8 0 6 2	0 0 0 0 0	8 10 15 0 10 6	6 2 6 0 0	2 Carb, 1 Fat 1 1/2 Carb, 2 1/2 Fat 3 Carb, 5 1/2 Fat 1 1/2 Carb 1 Carb 1 Carb 1 Carb
Blizzard® Treats Small Oreo® Cookies Blizzard® Medium Oreo® Cookies Blizzard® Large Oreo® Cookies Blizzard® Small Chocolate Chip Cookie Dough Blizzard® Medium Chocolate Chip Cookie Dough Blizzard® Large Chocolate Chip Cookie Dough Blizzard® Small Banana Split Blizzard® Medium Banana Split Blizzard® Large Banana Split Blizzard®	283 334 500 319 446 560 297 382 527	570 700 1010 720 1030 1320 460 580 810	190 240 340 250 360 470 130 150 210	21 26 37 28 40 52 14 17	10 12 18 14 20 26 9 11	40 45 70 50 70 90 40 50	430 560 770 370 520 670 210 260 360	83 103 148 105 150 193 73 97 134	<1 1 2 0 0 0 <1 1 2	64 77 113 78 112 143 63 83 115	11 13 19 12 17 21 10 12	20 20 30 30 40 50 20 25	2 2 4 2 2 4 8 15 20	35 40 60 35 45 60 35 40	15 15 25 15 20 25 8 10	5 1/2 Carb, 4 Fat 7 Carb, 5 Fat 10 Carb, 7 Fat 7 Carb, 5 1/2 Fat 10 Carb, 8 Fat 13 Carb, 10 Fat 5 Carb, 3 Fat 6 1/2 Carb, 3 Fat 9 Carb, 4 1/2 Fat
DQ® Frozen Cake	184 *Include	370 s four brea	110 ded chicke	13 n strips, sn	8 nall french	25 fries, Texa	280 s toast and	56 I gravy.	<1 **Undecora	42 ated	7	10	0	20	8	4 Carb, 2 ^{1/2} Fat

For more information visit our website at: www.dairyqueen.com

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 Illinois 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.