

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

IF YOU HAVE QUESTIONS OR NEED ADDITIONAL  
INFORMATION JUST WRITE:

INTERNATIONAL DAIRY QUEEN, INC.  
NUTRITION/RESEARCH & DEVELOPMENT DEPT.  
P.O. BOX 390286  
MINNEAPOLIS, MN 55439-0286



## 2004 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.

## 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 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 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 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)*

