

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/Limited Brazier Exchange List.

The Dairy Queen/Limited 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/Limited 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

Our mouth-watering Grilled and Crispy Chicken Breast Fillet Sandwiches, Chicken Strips and Chicken Salads are indescribably good.

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

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

Helping you make healthy choices

Dairy Queen/Limited Brazier locations offer a 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/Limited Brazier foods fit into your balanced diet? Choosing grilled chicken for your sandwich or salad, or substituting a side salad for your French Fries are just a few ways 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 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/Limited 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.

*delicious reduced fat
ice cream*



Questions about ingredients or allergens? Please ask to see the product labels.
(Nuts and other allergens are used in this facility)



	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	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
Cones																
DQ® Vanilla Soft Serve, 1/2 Cup	94	140	40	4.5	3	15	70	22	0	19	3	10	0	15	4	1 1/2 Carb, 1 Fat
DQ® Chocolate Soft Serve, 1/2 Cup	94	150	45	5	3.5	15	75	22	0	17	4	10	0	10	4	1 1/2 Carb, 1 Fat
Small Vanilla Cone	142	230	60	7	4.5	20	115	38	0	27	6	10	2	20	6	2 1/2 Carb, 1 1/2 Fat
Medium Vanilla Cone	198	330	90	9	6	30	160	53	0	38	8	15	4	25	10	3 1/2 Carb, 2 Fat
Large Vanilla Cone	284	480	130	15	9	45	230	76	0	55	11	20	6	35	15	5 Carb, 3 Fat
Small Chocolate Cone	142	240	70	8	5	20	115	37	0	25	6	15	0	15	6	2 1/2 Carb, 1 1/2 Fat
Medium Chocolate Cone	198	340	100	11	7	30	160	53	0	34	8	15	2	25	10	3 1/2 Carb, 2 Fat
Small Dipped Cone	156	340	150	17	9	20	130	42	1	31	6	10	2	20	6	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	0	63	12	20	6	35	15	5 1/2 Carb, 7 Fat
Malts, Shakes & Misty®																
Small Chocolate Malt	418	640	150	16	11	55	340	111	1	97	15	20	4	45	10	7 1/2 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 Chocolate Malt	836	1320	310	35	22	110	670	222	2	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	8 1/2 Carb, 4 Fat
Large Chocolate Shake	794	1140	300	33	21	105	550	186	2	165	26	40	8	90	15	12 1/2 Carb, 6 1/2 Fat
Small Misty® Slush	454	220	0	0	0	0	20	56	0	56	0	0	0	0	0	4 Carb
Medium Misty® Slush	595	290	0	0	0	0	30	74	0	74	0	0	0	0	0	5 Carb
Sundaes																
Small Strawberry Sundae	163	240	60	7	4.5	20	110	40	0	35	5	15	10	20	4	2 1/2 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	9	45	230	83	<1	72	10	25	30	40	10	5 1/2 Carb, 3 Fat
Small 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	8	5 Carb, 2 Fat
Large Chocolate Sundae	333	580	140	15	10	45	260	100	1	87	11	20	2	35	10	6 1/2 Carb, 3 Fat
Royal Treats®																
Banana Split	369	510	100	12	8	30	180	96	3	82	8	20	25	25	10	1 Fruit, 5 1/2 Carb, 2 Fat
Peanut Buster® Parfait	305	730	280	31	17	35	400	99	2	85	16	15	2	30	10	6 1/2 Carb, 6 Fat
Pecan Praline™ Parfait	305	720	260	29	11	30	610	105	1	81	9	15	2	30	6	7 Carb, 6 Fat
Triple Chocolate Utopia™	284	770	350	39	17	55	390	96	5	76	12	20	2	30	10	6 1/2 Carb, 8 Fat
Strawberry Shortcake	241	430	120	14	9	60	360	70	1	57	7	10	10	25	10	4 1/2 Carb, 3 Fat
Brownie Earthquake™	304	740	240	27	16	50	350	112	0	86	10	15	0	25	10	4 Carb, 9 Fat
Novelties																
DQ® Sandwich	85	200	60	6	3	10	140	31	1	18	4	4	0	8	6	2 Carb, 1 Fat
Chocolate Dilly® Bar	85	210	120	13	7	10	75	21	0	17	3	6	0	10	2	11/2 Carb, 2 1/2 Fat
Buster Bar®	149	450	260	28	12	15	280	41	2	33	10	8	0	15	6	3 Carb, 5 1/2 Fat
Starkiss®	85	80	0	0	0	0	10	21	0	21	0	0	0	0	0	1 1/2 Carb
DQ® Fudge Bar - No Sugar Added	66	50	0	0	0	0	70	13	0	3	4	6	0	10	0	1 Carb
DQ® Vanilla Orange Bar - No Sugar Added	66	60	0	0	0	0	40	17	0	2	2	2	0	6	0	1 Carb
Lemon DQ Freez'r®, 1/2 Cup	92	80	0	0	0	0	10	20	0	20	0	0	0	0	0	1 Carb
Blizzard® Treats																
Small Oreo® Cookies Blizzard®	283	570	190	21	10	40	430	83	<1	64	11	20	2	35	15	5 1/2 Carb, 4 Fat
Medium Oreo® Cookies Blizzard®	334	700	240	26	12	45	560	103	1	77	13	20	2	40	15	7 Carb, 5 Fat
Large Oreo® Cookies Blizzard®	500	1010	340	37	18	70	770	148	2	113	19	30	4	60	25	10 Carb, 7 Fat
Small Choc. Chip Cookie Dough Blizzard®	319	720	250	28	14	50	370	105	0	78	12	30	2	35	15	7 Carb, 5 1/2 Fat
Medium Choc. Chip Cookie Dough Blizzard®	446	1030	360	40	20	70	520	150	0	112	17	40	2	45	20	10 Carb, 8 Fat
Large Choc. Chip Cookie Dough Blizzard®	560	1320	470	52	26	90	670	193	0	143	21	50	4	60	25	13 Carb, 10 Fat
Small Banana Split Blizzard®	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	6 1/2 Carb, 3 Fat
Large Banana Split Blizzard®	527	810	210	23	15	70	360	134	2	115	17	30	20	60	15	9 Carb, 4 1/2 Fat
DQ® Frozen Cake																
DQ® Frozen 8" Round Cake** 1/8 of Cake	184	370	110	13	8	25	280	56	<1	42	7	10	0	20	8	4 Carb, 2 1/2 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	1 1/2 Starch, 1 1/2 High Fat Meat, 1 1/2 Fat
Super Dog**	198	580	340	37	13	75	1710	39	2	6	20	0	0	15	25	2 1/2 Starch, 2 High Fat Meat, 4 Fat
Super Dog** Chili 'n' Cheese	262	710	430	47	18	105	2270	42	3	6	27	15	4	25	25	2 1/2 Starch, 3 High Fat Meat, 4 Fat
Sandwiches/Baskets																
BBQ Beef Sandwich*	142	300	80	9	3.5	35	610	37	2	15	16	4	0	6	15	2 1/2 Starch, 2 Lean Meat
BBQ Pork Sandwich*	142	280	70	8	2	55	790	36	2	8	17	6	2	6	15	2 1/2 Starch, 2 Lean Meat
Breaded Chicken Sandwich	211	510	240	27	4	40	1070	47	4	9	19	8	15	8	25	3 Starch, 2 Lean Meat, 4 Fat
Chicken Strip Basket**	415	1000	450	50	13	55	2510	102	5	3	35	4	15	6	25	7 Starch, 2 Lean Meat, 7 1/2 Fat
Salads																
Crispy Chicken Salad - no dressing	392	350	180	20	6	40	620	21	6	9	21	120	60	15	10	1 Veg, 1 Starch, 3 Very Lean Meat, 3 Fat
Grilled Chicken Salad - no dressing	389	240	90	10	5	65	950	12	4	7	26	120	60	15	8	2 Veg, 3 Very Lean Meat, 1 1/2 Fat
Salad Dressings																
DQ® Honey Mustard Dressing	57	260	190	21	3.5	20	370	18	0	11	1	0	0	2	6	1 Other Carb, 4 Fat
Wish-bone® Fat Free Italian Dressing	43	25	0	0	0	0	520	6	0	4	0	2	0	0	0	1/2 Other Carb
DQ® Blue Cheese Dressing	57	210	180	20	4	5	700	4	0	2	2	2	0	6	0	4 Fat
DQ® Ranch Dressing	57	310	300	33	5	25	390	3	0	2	1	0	0	2	0	6 1/2 Fat
Fat Free Honey Mustard Dressing	43	50	0	0	0	0	160	13	0	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	2 1/2 Fat
Fat Free Thousand Island Dressing	43	60	0	0	0	0	400	16	0	10	0	2	0	0	0	1 Other Carb
Fat Free Ranch Dressing	43	60	0	0	0	0	410	13	1	4	1	0	0	0	0	1 Other 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	35	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	2	4	0	15	3 Starch, 2 Fat
Medium French Fries	142	380	140	15	3	0	880	56	4	<1	4	0	20	2	6	4 Starch, 2 Fat
Large French Fries	184	480	170	19	4	0	1140	72	5	<1	5	0	30	4	6	5 Starch, 3 Fat
Onion Rings	113	470	270	30	6	0	740	45	3	7	6	0	10	2	8	3 Starch, 5 1/2 Fat

* Available at participating Dairy Queen®/Brazilier® restaurants.

** Includes four breaded chicken strips, small french fries, Texas toast, and gravy.

** Less than 5 Milligrams

** Undecorated

Important Statement

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

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.

Cooked Food Products: The nutritional information provided above for cooked food products is for approved products sold in Dairy Queen® restaurants that participate in the Brazilier® food program. Many franchised Dairy Queen® restaurants, due to historical circumstances, do not currently participate in the Brazilier® food program. For example, none of the restaurants in Texas or Alabama sell Brazilier® food products. In most other states, there are certain restaurants that sell Brazilier® food products, and certain restaurants that sell food products that are not Brazilier® products. The nutritional information provided above for cooked food is only applicable to those restaurants that sell approved Brazilier® products. The nutritional information for cooked food products sold at other Dairy Queen® (non Brazilier®) restaurants is different from the nutritional information for Brazilier® products. You can identify franchised Dairy Queen® restaurants that participate in the Brazilier® food program by the "Brazilier®" or "limited Brazilier®" signs at the restaurant, or by asking the restaurant operator. Nutritional analysis was performed by R-TECH and Commercial Testing Laboratory, Inc. Representative values from manufacturers and USDA were also used.

Frozen Cake and 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