

# Dairy Queen® Soft Serve... tradition of good taste.

As the name implies, our traditional Dairy Queen soft serve is produced with fresh, 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.**

## Helping you make healthy choices

Dairy Queen locations offer 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.

You may want to try one of our no fat, no sugar added novelty items such as our DQ® Fudge, DQ Vanilla Orange, DQ Raspberry Vanilla and DQ Vanilla Fudge Bars that weigh in at 50 calories or less and have 0 grams of fat. These products are available at most Dairy Queen locations.

## Allergies and food intolerances

For customers with peanut and nut allergies, these items are used in products sold in Dairy Queen stores. 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)*

## 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 Exchange List.

The Dairy Queen 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 products.

IF YOU HAVE QUESTIONS OR NEED ADDITIONAL  
INFORMATION JUST WRITE:

INTERNATIONAL DAIRY QUEEN, INC.  
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P.O. BOX 390286  
MINNEAPOLIS, MN 55439-0286



2004

# Nutrition Facts





# Frozen Treats Nutrition and Exchange Guide

	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
<b>Cones</b>																
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
<b>Malts, Shakes &amp; Misty®</b>																
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
<b>Sundaes</b>																
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
<b>Royal Treats®</b>																
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
<b>Novelties</b>																
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	1 1/2 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'rs®, 1/2 Cup	92	80	0	0	0	0	10	20	0	20	0	0	0	0	0	1 Carb
<b>Blizzard® Treats</b>																
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
<b>DQ® Frozen Cake</b>																
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

\* Undecorated

## Important Statement

For more information visit our website at: [www.dairyqueen.com](http://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. 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 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.