

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. Some states and municipalities have laws or regulations that restrict or prohibit trans fat or other nutritional content in restaurant food. The nutritional information on this does not apply to all of the menu items in those Dairy Queen locations, or in other locations participating in a limited store offering. To obtain nutritional information for a specific Dairy Queen restaurant, please contact the restaurant operator.

Cooked Food Products: Dairy Queen restaurants fall into one of three categories: DQ approved System Food (Full Brazier™; Limited Brazier™; and Grill & Chill™ food concepts); DQ soft serve only restaurants; and DQ soft serve restaurants that serve non-System food. The nutritional information provided above for cooked food products is for DQ approved System food restaurants only. While Texas does not sell DQ approved System food, they are an authorized food System and have their own nutritional food information. Some franchised Dairy Queen restaurants, due to historical circumstances, do not currently participate in the DQ approved program. In most states other than Texas, there are certain restaurants that sell DQ approved food products, and certain restaurants that sell food products that are not DQ approved. The nutritional information for cooked food products sold at non-System restaurants, is different from the nutritional information for DQ approved System food. You can identify most of the franchised Dairy Queen restaurants that participate in the DQ approved System food program by the "Grill & Chill", "Brazier" or "Limited Brazier" 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 the USDA were also used.

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 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 treat products sold in these restaurants. If you have questions about the mix used at these franchised restaurants, please ask the restaurant operator.

Allergen Statement: Allergens including peanuts and eggs are used in this location and may come in contact with your food.

If you have questions or need additional information, write to:
International Dairy Queen, Inc.
Nutrition/Research & Development Dept.
P.O. Box 390286
Minneapolis, MN 55439-0286



2008 Dairy Queen® Treats US Nutrition & Exchange Guide



Dairy Queen® Soft Serve... a 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 that 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 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.

You may want to try one of our no fat, no sugar added novelty items such as our DQ Fudge or DQ Vanilla Orange Bars that weigh in at 50-60 calories and have 0 grams of fat. These products are available at most DQ locations.



Allergies and food **INTOLERANCES**

For customers with peanut and nut allergies, these items are used in products sold in Dairy Queen restaurants. Although we use our best efforts to keep these items separate, it is impossible to guarantee that any Dairy Queen product will be free of peanuts or other nuts.

In addition to being delicious reduced-fat ice cream, DQ vanilla, as well as chocolate reduced-fat ice cream, which is available at participating locations, are gluten-free.



How does the Dairy Queen® **EXCHANGE LIST** work?

The Dairy Queen system wants to help you maintain healthy eating habits. That's why we have 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.

For the most current information visit our website at: www.dairyqueen.com



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (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 Exchange
DQ® Vanilla Soft Serve, 1/2 Cup	94	150	45	5	3	0	15	70	22	0	19	3	6	0	15	4	1 1/2 Carb, 1 Fat
DQ® Chocolate Soft Serve, 1/2 Cup	94	150	45	5	3.5	0	15	75	22	0	17	4	10	0	10	4	1 1/2 Carb, 1 Fat
Small Vanilla Cone	142	240	70	7	4.5	0	20	110	32	0	27	6	10	2	20	6	2 1/2 Carb, 1 1/2 Fat
Medium Vanilla Cone	199	340	90	10	6	0	30	160	54	0	38	8	15	2	25	8	3 1/2 Carb, 2 Fat
Large Vanilla Cone	284	480	130	15	9	0.5	45	230	76	0	55	11	20	2	35	10	5 Carb, 3 Fat
Small Chocolate Dipped Cone	156	340	140	16	10	1	20	120	36	0	31	6	10	2	20	8	3 Carb, 3 Fat
Medium Chocolate Dipped Cone	220	490	210	23	15	1.5	30	170	61	0	43	8	15	2	25	10	4 Carb, 5 Fat
Large Chocolate Dipped Cone	312	670	280	31	21	2.5	40	210	83	0	62	13	8	0	30	15	5 1/2 Carb, 7 Fat

Waffle Treats

Choc. Covered Strawberry Waffle Bowl Sundae	318	800	360	40	24	3.5	35	200	100	2	80	9	15	40	25	20	6 1/2 Carb, 8 Fat
Fab Fudge Waffle Bowl Sundae	297	730	260	29	19	2	35	250	106	1	79	10	10	2	30	20	7 Carb, 6 Fat
Turtle Waffle Bowl Sundae	304	820	310	35	16	2	40	330	117	2	78	11	15	2	30	15	8 Carb, 7 Fat
Plain Waffle Cone with Soft Serve	226	430	120	13	7	0.5	35	160	68	0	50	9	15	2	25	10	4 1/2 Carb, 2 1/2 Fat
Choc. Coated Waffle Cone with Soft Serve	247	550	200	22	10	2.5	40	190	79	1	59	9	15	2	25	15	5 1/2 Carb, 4 1/2 Fat

Malts, Shakes and Arctic Rush™

Small Chocolate Malt	427	650	140	15	10	0	50	330	112	0	96	14	20	2	45	15	7 1/2 Carb, 3 Fat
Medium Chocolate Malt	577	900	190	21	13	0.5	65	460	157	0	134	19	30	4	60	20	10 Carb, 3 Fat
Large Chocolate Malt	854	1300	280	31	20	1	95	670	224	0	191	28	45	4	100	30	15 Carb, 4 Fat
Small Vanilla Shake	406	560	130	14	9	0	45	220	96	0	76	12	20	2	45	8	6 1/2 Carb, 3 Fat
Medium Vanilla Shake	550	780	180	20	13	0.5	60	300	136	0	106	17	30	4	60	10	7 Carb, 4 Fat
Large Vanilla Shake	811	1130	260	29	19	1	90	450	192	0	151	25	40	4	90	15	13 Carb, 6 Fat
Small Arctic Rush™ Slush	453	240	0	0	0	0	0	0	48	0	48	0	0	0	0	0	4 Carb
Medium Arctic Rush™ Slush	595	310	0	0	0	0	0	0	63	0	63	0	0	0	0	0	5 Carb

Moolatté® Frozen Blended Coffee

Cappuccino Moolatté® - 16 oz.	413	500	170	19	15	0	30	180	73	0	65	7	15	2	25	6	4 1/2 Carb, 3 1/2 Fat
Cappuccino Moolatté® - 24 oz.	595	700	210	24	18	0.5	45	260	105	0	94	11	20	2	40	10	7 Carb, 4 1/2 Fat
Mocha Moolatté® - 16 oz.	427	590	210	23	15	0	30	200	84	0	74	8	15	2	25	10	5 1/2 Carb, 4 1/2 Fat
Mocha Moolatté® - 24 oz.	623	840	280	31	20	0.5	45	300	121	1	106	12	20	2	40	15	8 Carb, 6 Fat
French Vanilla Moolatté® - 16 oz.	433	570	160	18	14	0	30	170	90	0	76	7	15	2	25	6	6 Carb, 3 1/2 Fat
French Vanilla Moolatté® - 24 oz.	623	770	210	24	18	0.5	45	260	123	0	106	11	20	2	40	10	8 1/2 Carb, 4 1/2 Fat
Caramel Moolatté® - 16 oz.	448	630	170	19	16	0	35	260	103	0	80	8	15	2	30	6	6 1/2 Carb, 4 Fat
Caramel Moolatté® - 24 oz.	651	880	230	25	20	0.5	55	380	146	0	115	12	20	2	45	10	9 Carb, 5 Fat

Sundaes

Small Strawberry Sundae	192	280	60	7	4.5	0	20	130	50	1	45	5	10	40	20	6	2 1/2 Carb, 1 Fat
Medium Strawberry Sundae	248	370	90	10	7	0	30	170	63	1	56	7	15	45	25	8	4 Carb, 2 Fat
Large Strawberry Sundae	333	510	130	15	9	0.5	45	240	83	1	73	10	20	45	35	10	5 1/2 Carb, 3 Fat
Small Chocolate Sundae	163	280	60	7	4.5	0	20	130	49	0	42	5	10	2	20	8	3 Carb, 1 Fat
Medium Chocolate Sundae	234	410	90	10	7	0	30	190	72	0	61	7	15	2	25	10	5 Carb, 2 Fat
Large Chocolate Sundae	333	580	130	15	9	0.5	45	260	100	0	86	10	20	2	35	15	6 1/2 Carb, 3 Fat

Royal Treats®

Banana Split	374	530	120	14	10	0	30	180	98	3	77	8	15	35	25	10	1 Fruit, 5 1/2 Carb, 2 Fat
Peanut Buster® Parfait	304	710	270	30	16	0	30	380	96	2	74	16	15	2	35	20	6 1/2 Carb, 5 Fat
Brownie Earthquake™	304	740	250	28	15	0	60	370	149	1	87	10	10	2	25	15	4 Carb, 9 Fat

Novelties

DQ® Sandwich	85	190	45	5	2.5	0.5	10	105	32	1	18	4	4	0	8	4	2 Carb, 1 Fat
Chocolate Dilly® Bar	87	240	140	15	9	0	15	70	24	1	20	4	6	0	10	0	1 1/2 Carb, 2 1/2 Fat
Buster Bar®	148	480	280	31	15	0	20	220	45	2	35	11	8	0	20	6	3 Carb, 5 1/2 Fat
StarKiss®	85	80	0	0	0	0	0	10	21	0	17	0	0	0	0	0	1 1/2 Carb
DQ® Fudge Bar - no sugar added	66	50	0	0	0	0	0	70	13	6	4	4	6	0	8	0	1 Carb
DQ® Vanilla Orange Bar - no sugar added	66	60	0	0	0	0	0	45	18	6	4	2	2	0	8	0	1 Carb

Blizzard® Treats

Small OREO®+ Cookies Blizzard®	283	560	190	21	10	0	40	430	83	1	64	11	20	2	35	15	5 1/2 Carb, 4 Fat
Med. OREO®+ Cookies Blizzard®	334	690	230	26	12	0.5	45	560	103	1	77	13	20	2	40	15	7 Carb, 5 Fat
Large OREO®+ Cookies Blizzard®	500	1000	330	37	18	0.5	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	3.0	50	370	105	1	78	12	25	2	35	10	7 Carb, 5 1/2 Fat
Med. Choc. Chip Cookie Dough Blizzard®	446	1030	360	40	20	4.5	70	530	151	1	112	17	35	4	50	20	10 Carb, 8 Fat
Large Choc. Chip Cookie Dough Blizzard®	560	1320	470	52	27	6.0	90	680	193	2	144	21	45	4	60	25	13 Carb, 10 Fat
Small Reese's® Peanut Butter Cups Blizzard®	287	550	190	22	12	0	45	280	76	1	64	12	20	2	35	10	6 Carb, 4 Fat
Med. Reese's® Peanut Butter Cups Blizzard®	371	770	290	32	16	0.5	55	400	104	2	88	17	25	2	45	15	7 1/2 Carb, 5 1/2 Fat
Large Reese's® Peanut Butter Cups Blizzard®	507	1080	410	46	23	0.5	75	570	144	3	122	24	30	4	60	20	10 Carb, 7 1/2 Fat