

## 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 the USDA were also used.

**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 Brazier food program. Many franchised Dairy Queen restaurants, due to historical circumstances, do not currently participate in the Brazier food program. For example, none of the restaurants in Texas participate in the Brazier food program. In most other states, there are certain restaurants that sell Brazier food products, and certain restaurants that sell food products that are not Brazier products. The nutritional information provided above for cooked food is only applicable to those restaurants that sell approved Brazier products. The nutritional information for cooked food products sold at other Dairy Queen (non-Brazier) restaurants is different from the nutritional information for Brazier products. You can identify some franchised Dairy Queen restaurants that participate in the Brazier food program by the "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.

**DQ 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.

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

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

(Nuts and other allergens are used in this facility)



**SOMETHING  
DIFFERENT**

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# 2005 Nutrition Facts



## 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.



## 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.

Many DQ locations  
offer fat-free dressing.



## 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 fat-free dressing for your salad, and 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/Brazier 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 soft serve, 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'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.

## 2005 Nutrition & Exchange Guide



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total 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>Burgers</b>																	
DQ Homestyle® Burger	138	290	110	12	5	0	45	630	29	2	5	17	4	6	6	15	2 Starch, 2 Medium Fat Meat
DQ Homestyle® Cheeseburger	152	340	150	17	8	0	55	850	29	2	5	20	10	6	15	20	2 Starch, 2 Medium Fat Meat, 1 Fat
DQ Homestyle® Double Cheeseburger	219	540	280	31	16	0	115	1130	30	2	5	35	15	6	25	25	2 Starch, 4 Medium Fat Meat, 2 Fat
DQ Homestyle® Bacon Double Cheeseburger	255	610	320	36	18	0	130	1380	31	2	6	41	15	10	25	25	2 Starch, 5 Medium Fat Meat, 2 Fat
DQ Ultimate™ Burger	269	670	390	43	19	0	135	1210	29	2	6	40	15	15	25	25	2 Starch, 5 Medium Fat Meat, 3 Fat
FlameThrower™ Burger	267	810	540	60	22	0	160	1390	27	2	5	43	25	15	20	25	2 Starch, 5 Medium Fat Meat, 7 Fat
Classic GrillBurger™	213	540	270	30	11	3	65	990	41	2	8	27	15	10	10	25	2½ Starch, 3 High Fat Meat, 1 Fat
Classic GrillBurger™ with Cheese	232	610	330	36	15	3.5	85	1110	41	2	8	31	20	10	25	25	2½ Starch, 3 High Fat Meat, 2 Fat
1/2 lb. GrillBurger™	298	800	450	50	21	4.5	130	1230	41	2	8	47	15	10	15	35	2½ Starch, 6 High Fat Meat
1/2 lb. GrillBurger™ with Cheese	331	930	540	60	27	4.5	160	1380	41	2	8	56	25	10	40	35	2½ Starch, 6 High Fat Meat, 2½ Fat
Bacon Cheese GrillBurger™	229	710	410	45	19	3.5	105	1430	40	1	8	36	8	4	25	25	2½ Starch, 4 High Fat Meat, 2 Fat
Mushroom Swiss GrillBurger™	210	700	420	47	16	3.5	90	890	37	1	5	30	4	0	25	25	2½ Starch, 3 High Fat Meat, 4½ Fat
California GrillBurger™	206	630	380	42	13	3	75	820	37	1	5	26	15	8	10	25	2½ Starch, 3 High Fat Meat, 3 Fat
<b>Hot Dogs</b>																	
Hot Dog	99	240	120	14	5	0	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	0	45	1090	22	2	4	14	15	6	15	10	1½ Starch, 1½ High Fat Meat, 1½ Fat
<b>Sandwiches/Baskets</b>																	
Crispy Chicken Sandwich	190	590	310	34	6	2	40	1100	50	4.5	8	21	15	4	15	15	3½ Starch, 1½ Lean Meat, 6 Fat
Grilled Chicken Sandwich	189	340	150	16	2.5	0	55	1000	26	2	4	22	8	15	6	10	2 Starch, 3 Lean Meat, 4 Fat
Chicken Strip Basket™, 4-piece*	440	920	440	49	9	12	40	2090	92	7	7	32	0	15	8	20	6 Starch, 2 Lean Meat, 8½ Fat
Chicken Strip Basket™, 6-piece*	525	1120	540	60	11	15	60	2450	102	9	9	45	0	15	10	25	7 Starch, 3½ Lean Meat, 10 Fat
<b>Salads</b>																	
Crispy Chicken Salad - no dressing	392	350	180	20	6	2.5	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	0	65	950	12	4	7	26	120	60	15	8	2 Veg, 3 Very Lean Meat, 1½ Fat
Side Salad	126	60	25	2.5	1.5	0	5	60	6	2	4	3	90	30	6	2	1 Veg, ½ Fat
<b>Salad Dressings</b>																	
DQ® Honey Mustard Dressing	57	260	190	21	3.5	0	20	370	18	0	11	1	0	0	2	6	1 Carb, 4 Fat
Wish-bone® Fat Free Italian Dressing	43	25	0	0	0	0	0	520	6	0	4	0	2	0	0	0	½ Carb
DQ® Blue Cheese Dressing	57	210	180	20	4	0	5	700	4	0	2	2	2	0	6	0	4 Fat
DQ® Ranch Dressing	57	310	300	33	5	0	25	390	3	0	2	1	0	0	2	0	6½ Fat
Fat Free Honey Mustard Dressing	43	50	0	0	0	0	0	160	13	0	7	0	0	0	0	0	1 Carb
Reduced Calorie Buttermilk Dressing	43	140	120	13	2	0	15	390	5	0	2	0	0	0	2	0	2½ Fat
Fat Free Thousand Island Dressing	43	60	0	0	0	0	0	400	16	0	10	0	2	0	0	0	1 Carb
Fat Free Ranch Dressing	43	60	0	0	0	0	0	410	13	1	4	1	0	0	0	0	1 Carb
Fat Free Red French Dressing	43	40	0	0	0	0	0	330	10	0	7	0	2	0	0	2	½ Carb
Fat Free Italian Dressing	43	10	0	0	0	0	0	390	3	0	1	0	0	0	0	0	Free
Fat Free Buttermilk Ranch Dressing	43	30	0	0	0	0	0	440	6	0	3	1	0	0	2	0	½ Carb
<b>Fries/Onion Rings</b>																	
Small French Fries	113	300	110	12	2.5	3.5	0	700	45	3	<1	3	0	15	2	4	3 Starch, 2 Fat
Medium French Fries	142	380	140	15	3	4.5	0	880	56	4	<1	4	0	20	2	6	4 Starch, 2 Fat
Large French Fries	184	480	170	19	4	5.5	0	1140	72	5	<1	5	0	30	4	6	5 Starch, 3 Fat
Onion Rings	113	470	270	30	6	7	0	740	45	3	7	6	0	30	4	6	3 Starch, 5½ Fat
<b>Cones</b>																	
DQ® Vanilla Soft Serve, ½ Cup	94	140	40	4.5	3	0	15	70	22	0	19	3	10	0	15	4	1½ Carb, 1 Fat
DQ® Chocolate Soft Serve, ½ Cup	94	150	45	5	3.5	0	15	75	22	0	17	4	10	0	10	4	1½ Carb, 1 Fat
Small Vanilla Cone	142	230	60	7	4.5	0	20	115	38	0	27	6	10	2	20	6	2½ Carb, 1½ Fat
Medium Vanilla Cone	198	330	90	9	6	0	30	160	53	0	38	8	15	4	25	10	3½ Carb, 2 Fat
Large Vanilla Cone	284	480	130	15	9	0.5	45	230	76	0	55	11	20	6	35	15	5 Carb, 3 Fat
Small Chocolate Cone	142	240	70	8	5	0	20	115	37	0	25	6	15	0	15	6	2½ Carb, 1½ Fat
Medium Chocolate Cone	198	340	100	11	7	0	30	160	53	0	34	8	15	2	25	10	3½ Carb, 2 Fat
Small Dipped Cone	156	340	150	17	9	1	20	130	42	1	31	6	10	2	20	6	3 Carb, 3 Fat
Medium Dipped Cone	220	490	220	24	13	1.5	30	190	59	1	43	8	15	4	25	10	4 Carb, 5 Fat
Large Dipped Cone	312	710	330	36	17	2.5	45	250	85	0	63	12	20	6	35	15	5½ Carb, 7 Fat

## Dairy Queen®/Brazier®/Soft Serve



	Serving Size (g)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total 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>Malts, Shakes and Misty® Slush</b>																	
Small Chocolate Malt	418	640	150	16	11	0.5	55	340	111	1	97	15	20	4	45	10	7½ Carb, 3 Fat
Medium Chocolate Malt	567	870	200	22	14	1	70	450	153	2	134	20	25	4	60	10	10 Carb, 3 Fat
Large Chocolate Malt	836	1320	310	35	22	1.5	110	670	222	2	194	29	40	8	90	20	15 Carb, 4 Fat
Small Chocolate Shake	397	560	140	15	10	0.5	50	280	93	1	83	13	20	4	45	8	6 Carb, 3 Fat
Medium Chocolate Shake	539	760	180	20	13	1	70	370	129	2	115	17	25	4	60	10	8½ Carb, 4 Fat
Large Chocolate Shake	794	1140	300	33	21	1.5	105	550	186	2	165	26	40	8	90	15	12½ Carb, 6½ Fat
Small Misty® Slush	454	220	0	0	0	0	0	20	56	0	56	0	0	0	0	0	4 Carb
Medium Misty® Slush	595	290	0	0	0	0	0	30	74	0	74	0	0	0	0	0	5 Carb
<b>MooLatte™ Frozen Blended Coffee</b>																	
Mocha MooLatte™	432	590	210	23	15	0	30	210	80	1	70	8	15	2	25	6	5½ Carb, 4½ Fat
Cappuccino MooLatte™	411	490	160	18	14	0	30	170	68	0	60	7	15	2	25	6	4½ Carb, 3½ Fat
French Vanilla MooLatte™	439	570	160	18	14	0	30	170	87	0	73	7	15	2	25	6	6 Carb, 3½ Fat
<b>Sundaes</b>																	
Small Strawberry Sundae	163	240	60	7	4.5	0	20	110	40	0	35	5	15	10	20	4	2½ Carb, 1 Fat
Medium Strawberry Sundae	234	340	80	9	6	0	30	160	58	<1	51	7	25	15	30	8	4 Carb, 2 Fat
Large Strawberry Sundae	333	500	130	15	9	0	45	230	83	<1	72	10	25	30	40	10	5½ Carb, 3 Fat
Small Chocolate Sundae	163	280	60	7	4.5	0	20	140	49	0	42	5	10	0	20	6	3 Carb, 1 Fat
Medium Chocolate Sundae	234	400	90	10	6	0	30	210	71	0	61	8	15	0	25	8	5 Carb, 2 Fat
Large Chocolate Sundae	333	580	140	15	10	0	45	260	100	1	87	11	20	2	35	10	6½ Carb, 3 Fat
<b>Royal Treats®</b>																	
Banana Split	369	510	100	12	8	0	30	180	96	3	82	8	20	25	25	10	1 Fruit, 5½ Carb, 2 Fat
Peanut Buster® Parfait	305	730	280	31	17	0	35	400	99	2	85	16	15	2	30	10	6½ Carb, 6 Fat
Triple Chocolate Utopia™	284	770	350	39	17	1.5	55	390	96	5	76	12	20	2	30	10	6½ Carb, 8 Fat
Strawberry Shortcake	241	430	120	14	9	1	60	360	70	1	57	7	10	10	25	10	4½ Carb, 3 Fat
Brownie Earthquake™	304	740	240	27	16	3	50	350	112	0	86	10	15	0	25	10	4 Carb, 9 Fat
<b>Novelties</b>																	
DQ® Sandwich	85	200	60	6	3	1	10	140	31	1	18	4	4	0	8	6	2 Carb, 1 Fat
Chocolate Dilly® Bar	89	520	120	13	10	1	15	85	25	0	20	3	6	0	10	0	1½ Carb, 2½ Fat
Buster Bar®	151	500	250	28	15	1	15	230	45	2	37	11	8	0	20	6</	