

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



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2008 Dairy Queen®/Brazier® 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.

100% pure quality

Dairy Queen 100% original beef hamburgers are made with the finest quality, lean USDA inspected beef. Absolutely no fillers or extenders such as soy by-products are used in our hamburger. Our mouth-watering Grilled and Crispy Chicken Sandwiches, Chicken Strips and Chicken Salads are indescribably good.

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 Dairy Queen products served by authorized Dairy Queen restaurants.

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 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 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)	Vitamin A Percent Daily Value	Vitamin C Percent Daily Value	Percent Daily Value	Suggested Exchange	
GrillBurgers®																	
DD® Original Burger	142	350	130	14	7	0.5	50	680	33	1	8	17	6	0	4	15	2 Starch, 2 Medium Fat Meat
DD® Original Cheeseburger	156	400	160	18	9	0.5	65	920	34	1	9	19	10	0	10	15	2 Starch, 2 Medium Fat Meat, 1 Fat
DD® Original Double Cheeseburger	226	640	310	34	18	1	105	1230	34	1	9	34	15	0	20	25	2 Starch, 4 Medium Fat Meat, 2 Fat
DD® Original Bacon Double Cheeseburger	245	730	370	41	21	1	150	1550	35	1	9	41	15	0	20	25	2 Starch, 5 Medium Fat Meat, 2 Fat
DD® Ultimate Burger	259	780	430	48	22	1.5	155	1390	33	1	8	41	20	20	45	2 Starch, 5 Medium Fat Meat, 3 Fat	
1/4 lb. FlameThrower® GrillBurger	245	840	530	59	16	3	105	1490	41	2	9	34	20	15	25	30	3 Starch, 3/2 Medium Fat Meat, 1/2 Fat
1/4 lb. Chili MeltDown GrillBurger	219	600	310	34	12	2.5	70	1060	41	3	9	29	10	4	25	20	2/2 Starch, 3 Medium Fat Meat, 2/2 Fat
Bacon Cheddar GrillBurger™	229	710	380	42	15	2.5	95	1450	41	2	11	36	10	0	30	25	3 Starch, 4 Medium Fat Meat, 3 Fat
Mushroom Swiss GrillBurger™	210	680	400	42	13	2.5	75	950	39	2	8	29	4	0	30	20	3 Starch, 3 Medium Fat Meat, 5 Fat

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Hot Dogs																	
All-Beef Hot Dog	97	250	130	14	5	0	25	770	21	1	4	9	4	0	6	10	1 Starch, 1 Medium Fat Meat, 2 Fat
All-Beef Chili Cheese Dog	158	430	200	23	10	0	45	990	39	2	5	18	8	2	20	15	2/2 Starch, 1/2 Medium Fat Meat, 3 Fat

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Sandwiches/Baskets																	
Grilled Chicken Sandwich	177	400	150	16	2.5	0	55	790	32	1	5	23	15	6	6	15	3 Starch, 2 Lean Meat, 2 Fat
Chicken Strip Basket™ - 4-piece* BBQ Hot Dip	432	1090	430	48	7	7.5	75	2680	129	9	5	37	6	15	45	8/2 Starch, 2 Lean Meat, 7 Fat	
Chicken Strip Basket™ - 4-piece* Country Gravy	446	1340	480	54	9	10	75	2400	105	8	7	37	2	2	15	40	7 Starch, 2 Lean Meat, 8 Fat
Chicken Strip Basket™ - 4-piece* Wild Buffalo	482	1340	480	54	9	10	75	2400	105	8	7	36	15	10	15	30	5/2 Starch, 2 Lean Meat, 17 Fat
Grilled FlameThrower® Chicken Sandwich	233	630	320	36	9	0	100	1580	34	2	6	34	20	15	15	15	2/2 Starch, 3/2 Lean Meat, 5 Fat
Crispy Chicken Sandwich	198	530	260	29	4.5	3	55	1020	47	5	2	22	10	6	4	15	15/3 Starch, 2 Lean Meat, 4/2 Fat
Fish Sandwich	184	420	180	20	3	2.5	30	1070	54	1	8	17	10	2	4	40	3/2 Starch, 1 Lean Meat, 2 Fat

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Salads																	
Crispy Chicken Salad - no dressing	424	420	200	22	7	2	70	960	30	6	9	28	130	80	25	1	1 Veg, 1 Starch, 3 Very Lean Meat, 3 Fat
Grilled Chicken Salad - no dressing	424	320	100	11	5	0	15	890	14	4	8	31	130	80	20	2	2 Veg, 3 Very Lean Meat, 1/2 Fat
Side Salad - no dressing	182	45	0	0	0	0	0	50	11	3	6	2	180	70	6	1	1 Veg

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Fries/Onion Rings																	
DD® Small French Fries	113	290	120	13	2.5	2	0	620	40	4	0	3	0	2	2	4	4 Starch, 3 Fat
DD® Medium French Fries	142	370	150	17	3	2.5	0	780	51	5	0	4	0	2	2	6	5 Starch, 4 Fat
DD® Large French Fries	184	480	190	21	4	3	0	1000	66	7	0	5	0	4	2	8	7 Starch, 7 Fat
DD® Regular Onion Rings	113	470	270	30	6	7	0	740	45	3	7	6	0	30	4	6	3 Starch, 6 Fat

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Cones																	
DD® Vanilla Soft Serve, 1/2 Cup	94	150	45	5	3	0	15	70	22	0	19	3	6	0	15	4	1/2 Carb, 1 Fat
DD® Chocolate Soft Serve, 1/2 Cup	94	150	45	5	3.5	0	15	75	22	0	17	4	10	0	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	2/2 Carb, 1/2 Fat
Medium Vanilla Cone	199	340	90	10	6	0	30	160	54	0	38	8	15	2	25	8	3/2 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	20	8	30	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	5/2 Carb, 7 Fat

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Waffle Treats																	
Chocolate Covered Strawberry Waffle Bowl Sundae	318	800	360	40	24	3.5	35	200	100	2	80	15	40	25	20	20	6/2 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	76	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	4/2 Carb, 2/2 Fat
Chocolate Coated Waffle Cone with Soft Serve	247	550	200	22	10	2.5	40	190	79	1	59	9	15	2	25	15	5/2 Carb, 4/2 Fat

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Malts, Shakes and Arctic Rush™																	
Small Chocolate Malt	427	650	140	15	10	0	50	330	112	0	96	14	20	2	45	15	7/2 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	6/2 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	48	0	0	48	0	0	0	0	4	4 Carb
Medium Arctic Rush™ Slush	595	310	0	0	0	0	0	63	0	0	63	0	0	0	0	5	5 Carb

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MooLatté® Frozen Blended Coffee																	
Cappuccino MooLatté® - 16 oz.	413	500	170	19	15	0	30	180	73	0	65	7	15	2	25	6	4/2 Carb, 3/2 Fat
Cappuccino MooLatté® - 24 oz.	595	700	210	24	18	0.5	45	260	105	0	94	11	20	2	40	10	7 Carb, 4/2 Fat
Mocha MooLatté® - 16 oz.	427	590	210	23	15	0	30	200	121	1	106	12	20	2	25	10	5/2 Carb, 4/2 Fat
Mocha MooLatté® - 24 oz.	623	840	280	31	20	0.5	45	300	171	0	76	7	15	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, 3/2 Fat
French Vanilla MooLatté® - 24 oz.	623	770	210	24	18	0.5	45	260	123	0	106	12	20	2	40	10	8/2 Carb, 4/2 Fat
Caramel MooLatté® - 16 oz.	448	630	170	19	16	0	35	260	103	0	80	8	15	2	30	6	6/2 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

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Sundaes																
Small Strawberry Sundae	192	280	60	7	4.5	0										