



For Immediate Release:
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GALAXY NUTRITIONAL FOODS ANNOUNCES 1ST QUARTER FISCAL 2004 EARNINGS RESULTS CONFERENCE CALL AND WEBCAST

August 15, 2003 at 10:00 a.m. EST

ORLANDO, Florida (August 12, 2003) - Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets announces a teleconference and web-cast of the **Company's 1ST Quarter Fiscal 2004 earnings results at 10:00am EST on Friday, August 15, 2003**. The conference call invites all shareholders and interested parties to call in on a toll free line to ask questions about the Company's results and discuss future plans. The toll free number for U.S. and Canada callers is **1-800-289-0572**. All other international callers should dial: **1-913-981-5543**. **The conference call pass code for all participants is 756075.**

The call will be simultaneously web-cast at the following link:
<http://www.firstcallevents.com/service/ajwz387497383gf12.html>

Individuals within the U.S. and Canada that cannot access the call are invited to listen to a digitally recorded version by calling the toll free number: **1-888-203-1112**. All other international callers should dial the following number for a digital playback: **1-719-457-0820**. It will be required to reference the pass code # **756075** for all digital playbacks. The playback will be available after 1:00 p.m. EST **Monday, August 18, 2003 through Friday, August 22, 2003 until midnight**. The call will be posted to our website the following week at: <http://www.galaxyfoods.com>.

About Galaxy Nutritional Foods, Inc.

Galaxy Nutritional Foods is the leading producer of great-tasting, health-promoting plant-based dairy and dairy-related alternatives for the retail and foodservice markets. These phytonutrient-enriched products, made from nature's best grains - soy, rice and oats - are low and no fat (no saturated fat and no trans-fatty acids), have no cholesterol, no lactose, are growth hormone and antibiotic free and have more calcium, vitamins and minerals than conventional dairy products. Because they are made with plant proteins, they are more environmentally friendly and economically efficient than dairy products derived solely from animal proteins. Galaxy's products are part of the nutritional or functional foods category, the fastest growing segment of the retail food market. Galaxy brand names include: Galaxy Nutritional Foods®, Veggie®, Veggie Nature's Alternative to Milk®, Veggie Slices®, Soyco®, Soymage®, Wholesome Valley®, form gg®, and Lite Bakery®. For more information, please visit Galaxy's website at www.galaxyfoods.com.

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