



For Immediate Release:

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**GALAXY NUTRITIONAL FOODS ANNOUNCES MARKET TEST WITH
SUBWAY® RESTAURANTS IN FLORIDA**

ORLANDO, Florida (November 14, 2005) Galaxy Nutritional Foods, Inc. (**AMEX:GXY**), a leading producer and marketer of nutritious plant-based dairy alternatives for the retail and foodservice markets, today announced a market test in southeast Florida that will complement *SUBWAY*'s "7 Subs with 6 Grams of Fat or Less" offering. The market test will expand the variety of choices that *SUBWAY* restaurants can offer customers in its "6 Grams of Fat or Less" menu category.

"With the addition of our *Veggie*® Provolone Flavor Cheese Alternative Slices, *SUBWAY* customers can enjoy a great cheese taste with only one (1) gram of fat," noted Mike Broll, Chief Executive Officer of Galaxy Nutritional Foods, Inc. "We believe the *Veggie* test will allow Galaxy to reach potential new consumers that are seeking healthy alternatives in *SUBWAY* restaurants."

"*SUBWAY* is the leader in providing convenient, healthy subs, and Galaxy's *Veggie* slices will allow its restaurants to expand the menu options for customers through the addition of a great tasting, no cholesterol, low fat alternative to traditional cheese," commented Hilary Taube, Director of Marketing at Galaxy Nutritional Foods, Inc. "With 62% of Americans being overweight, 20% of the population suffering from high cholesterol levels, and 47% of Americans keeping track of the fat content in their meals (according to industry statistics), we believe this test in Florida will target a large potential market opportunity for our Company."

About Galaxy Nutritional Foods, Inc.

Galaxy Nutritional Foods® is the leading producer of health-promoting plant-based dairy and dairy-related alternatives for the retail and foodservice markets. An exclusive, new and technologically advanced, safer "hot process" is used to produce these phytonutrient-enriched products, made from nature's best grains – soy, rice and oats. Veggie products are low fat and fat free (saturated fat and trans-fatty acid free), cholesterol and lactose free, are growth hormone- and antibiotic-free, and have more calcium, vitamins and other minerals than conventional dairy products. Because they are made with plant proteins, the products are more environmentally friendly and economically efficient than dairy products derived solely from animal proteins. Galaxy's products are part of the healthy and natural foods category, the fastest growing segment of the retail food market. Galaxy brand names include: *Galaxy Nutritional Foods*®; *Veggie*®; *Veggie Nature's Alternative*™; *Veggie Slices*®;

Soyco®; Soymage®; Wholesome Valley®; Lite Bakery®; and Galaxy Nutritional Foods Smart Choice Cheese Products®. For more information, please visit Galaxy's website at: www.galaxyfoods.com.

The Company is headquartered in Orlando, Florida, and its common stock trades on the American Stock Exchange under the ticker symbol "GXY".

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