



For Immediate Release:

October 6, 2004

Contact:

Dawn M. Robért, Investor Relations
Galaxy Nutritional Foods Co.
(407) 854-0433

**GALAXY NUTRITIONAL FOODS APPOINTS NEW DIRECTOR
JOANNE R. BETHLAHMY TO JOIN AUDIT COMMITTEE**

ORLANDO, Florida (October 6, 2004) - Galaxy Nutritional Foods, Inc. (AMEX:GXY), the leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, announced the appointment of Joanne R. Bethlahmy, an executive with 20 years experience in strategy development, general management and marketing, as a member of its Board of Directors. Ms. Bethlahmy will also serve on the Company's Audit Committee.

Ms. Bethlahmy is the Managing Partner of Illuminate Consulting, Inc., a management consulting firm specializing in market strategy for consumer-oriented industries. Most recently, she worked with Chef Solutions Inc., a subsidiary of LSG Lufthansa, a business specializing in providing convenient baked foods and prepared meals to food service and retail. Ms. Bethlahmy's career includes major executive assignments with Accenture, Maybelline, the Quaker Oats Company and Frito-Lay.

David H. Lipka, Galaxy's Chairman of the Board stated, "On behalf of Galaxy's Board of Directors, we welcome Joanne Bethlahmy to the Board. With her broad experience across food and other industries, Joanne will provide Galaxy with unique insights into strategic planning and marketing functions. We look forward to working with her toward continued improvement at Galaxy", Mr. Lipka concluded.

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, 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®, formägg®, and Lite Bakery®. For more information, please visit Galaxy's website at www.galaxyfoods.com.

###