

**P R E S S   R E L E A S E**

Press Page

October 21, 1999  
Orlando, FL

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## **FDA'S SOY HEALTH CLAIM GIVES GALAXY FOODS VEGGIE PRODUCTS BIG BOOST**

**ORLANDO, FLORIDA** (October 21, 1999) - Galaxy Foods Company (AMEX:GXY), makers of nutraceutical soy-based dairy and dairy-related alternatives, is excited about The Food and Drug Administration's health claim approved today correlating the consumption of soy protein with reducing the risks of heart disease. The Company anticipates that the FDA announcement will further advance Galaxy's already popular line of soy-based dairy alternatives by increasing consumer awareness of soy foods.

According to the FDA, for a food to qualify for the health claim each serving must provide 6.25 grams of soy protein, or one-fourth of the recommended 25 grams of soy protein per day, in order to reduce the risks of heart disease. An example of the FDA's announcement states "25 grams of soy protein per day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Veggie Milk provides 9 grams of soy protein".

The introduction of several new products including Veggie Milk™, Veggie Yogurt™, The Ultimate Smoothie™ and Veggie Soy Protein Powder™, strategically positions Galaxy with the FDA's new health claim. Galaxy's Veggie Milk™, recently introduced as the world's most nutritious milk, exceeds the proposed health claim by providing 9 grams of soy protein per 8 oz. serving. In addition, Veggie Milk™ is saturated fat free, cholesterol free, lactose free and contains a significant amount of calcium. Galaxy's entire line of Veggie products, including Veggie Slices™, Veggie Butter™, Veggie Yogurt™ and Veggie Shreds™, offer consumers an incredibly nutritious and great tasting way to incorporate soy protein in any diet.

Angelo S. Morini, Galaxy's President & CEO states, "In our continuing effort to provide consumers with the best tasting, nutraceutical and most functional foods, Galaxy is proud to be at the forefront in developing products that meet the soy protein requirements recommended by the FDA. It is important that consumers are aware of the foods that may help prevent cardiovascular disease as well as reduce the risks of certain forms of cancer and prevent the symptoms of menopause. Our Veggie products provide these health benefits, which are associated with soy consumption, while being saturated fat free, lactose free and cholesterol free. As we approach the new millennium, Galaxy plans to introduce a variety of new soy products including sport and diet smoothies, protein mixes and protein bars that will positively contribute to consumers' health."

Galaxy Foods Company is the leading producer of health-promoting dairy and dairy-related alternatives for the retail, foodservice and industrial markets. These plant-based products, which are low or no fat (no saturated fat), have no cholesterol and no lactose and contain more vitamins and minerals than conventional dairy products, are part of the nutraceutical or functional food category, the fastest growing segment of the retail food market. The Company also markets conventional dairy products for all three channels of distribution. Galaxy brand names include Veggie Slices, Veggie Milk™, formägg®, Soyco®, Soymage®, Wholesome Valley®, and Lite Bakery®. For more information, contact Tracy Rushwin at (407) 855-5500,

extension 105. You may also obtain more information from Galaxy's web site at [www.galaxyfoods.com](http://www.galaxyfoods.com).

For color photo of galaxy foods products go to:

<http://www.businesswire.com/cgi-bin/photo.cgi?pw.100799/bw3> or

<http://www.businesswire.com/cgi-bin/photoblob.sh?pw.102199/bw2>

For more information on the FDA's new health claim go to:

<http://www.fda.gov/bbs/topics/ANSWERS/ANS00980.html>