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GALAXY APPOINTS TOP-NOTCH CFO TO STRENGTHEN FINANCIAL BASE AND FACILITATE GROWTH

ORLANDO, Florida (August 13, 2001) - Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, today announced the appointment of Jack Gallagher to serve as its Chief Financial Officer. Mr. Gallagher is a partner in Tatum CFO Partners, LLP, a partnership of career chief financial officers whose mission is to provide highly experienced financial leadership and "hands-on" management to growth oriented companies.

Mr. Gallagher's career includes broad-based experience in executive, financial, accounting and consulting positions. He joined Tatum CFO Partners four years ago and since that time has served as CFO of Breed Technologies, SuperVision, and Tri-Co Wireless PCS. His previous local posts include those of Chief Financial Officer of Philip Crosby Associates, Alexander Proudfoot PLC and GTI Telecom. Prior to coming to Orlando fourteen years ago, Mr. Gallagher was co-founder of Oriole Software, a software development start-up funded by Hambrecht & Quist and served as Corporate Controller for Black & Decker. He also has served in financial executive positions with Squibb Pharmaceuticals and American Home Products and started his career with Price Waterhouse in New York City.

Angelo Morini, Chairman, President & CEO of Galaxy, said, "I am especially pleased with the appointment of an experienced, capable leader, Jack Gallagher, to significantly strengthen our ability to meet the financial requirements of our exciting growth trends. Our rapid core business expansion in the U.S. and abroad and our new significant relationship with Tropicana are fueling a much higher level of sales and production and it is imperative that we have the financial structure in place to facilitate this growth. Jack Gallagher, with his outstanding record of achievement and backed by the resources of Tatum CFO Partners will lead this effort for Galaxy and we are pleased to welcome him aboard."

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. 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: Veggie™, Nature's Alternative, Galaxy™, Soyco™, Soymage™,

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

This press release contains "forward-looking" statements within the meaning of the Private Securities Litigation Reform Act of 1995. Such forward-looking statements involve known and unknown risks, uncertainties, or other factors which may cause actual results, performance or achievements of the company to be materially different from any future results, performance or achievements expressed or implied by such forward-looking statements. Readers are cautioned not to place undue reliance on those forward-looking statements, which speak only as of the date hereof. The company undertakes no obligation to release publicly any revisions to these forward-looking statements to reflect events or circumstances after the date hereof or to reflect unanticipated events or developments.