

**P R E S S R E L E A S E**

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Contact

Dawn Robert, Investor Relations
Galaxy Nutritional Foods, Inc.
407/854-0433

GALAXY NUTRITIONAL FOODS' VEGGIE® BRAND DAIRY ALTERNATIVES ARE FEATURED ON NBC'S TODAY SHOW

ORLANDO, Florida (September 10, 2001) - Galaxy Nutritional Foods (AMEX: GXY), makers of Veggie® Brand Dairy Alternatives, the number one selling brand in the dairy alternatives category, received unsolicited exposure from NBC's Today Show on Thursday, September 6. Today Show host Ann Curry, with guest Leslie Bonci of the American Dietetic Association, discussed the new USDA requirements on dairy. It was recommended that products such as Galaxy's Veggie Slices would be healthier for you than high fat, high cholesterol dairy products because they are low fat, saturated fat free, cholesterol free, lactose free and have more calcium. It was also stated that Veggie Slices contain all the healthy benefits of soy protein while still tasting and melting great.

Presently, Galaxy's Veggie® brand dairy alternatives penetrate 1.7% of U.S. households and continued positive exposure such as the Company received from the Today show segment should only greatly assist Galaxy in reaching more and more households. The Company also stated that with the growing knowledge among consumers that products such as Galaxy's may be healthier for you than high fat dairy products, its numerous product health and other advantages are increasingly appealing to its key strategic partners such as Pizza Hut, Subway and Tropicana. Galaxy's Veggie® brand products are providing significant incremental sales and profits to these strategic partners by meeting the growing consumer demand for healthier choices.

Angelo S. Morini, Galaxy's Chairman, President and CEO, stated, "there is tremendous upside for our consumers, customers and strategic partners as the awareness and overall acceptance of our Veggie® brand products grows. Utilizing our dairy alternatives in tests with Pizza Hut and Subway and the introduction of the Ultra Smoothie made with Tropicana juices to the general market, is proving that consumers continue to flood to the nutritional or functional food category at a record pace. We are finding," Morini noted, "that providing consumers with products that satisfy a magic triad of taste, nutrition and convenience, is a formula for success. As that successful business formula continues, so will sales and profits. Leveraging our business model, we believe there is a \$1 billion sales potential of which we have only scratched the surface."

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.