

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

Press Page

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**GALAXY NUTRITIONAL FOODS' VEGGIE MOZZARELLA™
APPROVED SYSTEM-WIDE AT 800 SBARRO RESTAURANTS**

ORLANDO, Florida (December 4, 2001) - Galaxy Nutritional Foods (AMEX:GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, announced that Sbarro - The Italian Eatery has approved system-wide use of the Company's low fat and soy nutritious Veggie Mozzarella™. The Company expects to begin shipping the product by December 15, 2001.

Angelo S. Morini, Galaxy's Chairman and President stated "the Sbarro management team recognizes that the Veggie Mozzarella™ position brings them a terrific avenue for strong incremental sales as evidenced by our success at Pizza Hut stores in the Fort Wayne, Indiana area. New sales at Pizza Hut franchise stores in this area have reached as high as 11%. In prior years, Sbarro sold Galaxy's non-plant based, lower fat mozzarella as a choice topping. Now, with the healthy benefits of soy and other plant protein based foods becoming widely known, Sbarro will be one of the pioneers in the fast-growing new foodservice category of phytonutrient rich foods," Morini concluded.

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™, form agg®, Lite Bakery®, Veggie Caf e™ 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.