

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

Press Page

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**GALAXY NUTRITIONAL FOODS® LAUNCHES PRE-PACKAGED
READY TO SERVE ULTRA SMOOTHIE™
MADE WITH TROPICANA® JUICES AND VEGGIE MILK**

**Ultra Smoothie™ Made With Tropicana® Juices Delivers Low Fat,
Phytonutrient & Vitamin Rich Choice for Today's On-the-Go Consumer**

ORLANDO, Florida (September 4, 2002) - Galaxy Nutritional Foods (AMEX: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets, announces the launching of its Ultra Smoothie™ single serve product in addition to its dispenser-assisted semi-frozen product into retail channels and food service providers nationwide. The Company expects to begin shipping product as early as October 2002.

The Ultra Smoothie™ is a combination of Tropicana® fruit juices and Galaxy's Veggie Milk™, the most nutritious milk made from plant proteins, to create the ultimate in taste and nutrition. This new product delivers a complete serving of soy protein, meeting the FDA health claim standard on soy, and 1 ½ servings of juice in each 8 oz cup. The Ultra Smoothie™ is a good source of 9 vitamins and minerals, including 100% of the Daily Value of Vitamin C and 30% of the DV of calcium. It is also a good source of potassium and is low in sodium, meeting the FDA health claim standard for reducing the risk of high blood pressure and stroke. The Ultra Smoothie is low fat; cholesterol, lactose and saturated fat free; and, is 100% vegetarian (pareve).

"We have worked closely with Tropicana on creating the Ultra Smoothie™ made with Tropicana® Juices and are very excited to launch this product to retailers and food service providers in North America," stated Angelo S. Morini, Chairman, President and Chief Executive Officer of Galaxy Nutritional Foods. "We believe that Americans are demanding foods that offer convenience and nutrition, and there are few alternatives that are as convenient, healthful and delicious as the Ultra Smoothie™. Whether a consumer is on the go or at home, they now have a great tasting nutritious dairy alternative beverage available in either a grab & go single serve package or dispensed semi-frozen into a glass."

Mr. Morini concluded, "Based upon initial market studies and the level of interest from our existing

customers for the Ultra Smoothie™, we are confident the product will build momentum when introduced in the marketplace."

Frank Hood, Tropicana® Licensing Manager stated, "Consumers expect Tropicana® to offer great tasting and nutritious products. Aligning with Galaxy's Veggie Milk™ brand offers us an entry point in this fast-growing soy protein consumer segment. Additionally, this product will expand our reach into new retail and foodservice outlets due to its distinctive packaging and consumer positioning."

ABOUT GALAXY NUTRITIONAL FOODS

Galaxy Nutritional Foods® is the leading producer of health-promoting plant-based dairy and dairy-related alternatives for the retail and foodservice markets. An exclusive, new and technologically advanced, safer "hot process" is used to produce these phytonutrient-enriched products, made from nature's best grains - soy, rice and oats. Veggie products are low fat and fat free (saturated fat and trans-fatty acid free), cholesterol and lactose free, are growth hormone and antibiotic free, and have more calcium, vitamins and other minerals than conventional dairy products. Because they are made with plant proteins, the products are more environmentally friendly and economically efficient than dairy products derived solely from animal proteins. Galaxy's products are part of the healthy and natural foods category, the fastest growing segment of the retail food market. Galaxy brand names include: Galaxy Nutritional Foods®; Veggie®; Nature's Alternative™; Veggie Lite Bakery™; Veggie Café™; Soyco®; Soymage®; Wholesome Valley®; Lite Bakery®; and formägg®. 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.