



For Immediate Release:
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**GALAXY NUTRITIONAL FOODS ANNOUNCES JOHN W. JACKSON
PROMOTED TO SENIOR VICE PRESIDENT OF SALES**

ORLANDO, Florida (August 19, 2004) - Galaxy Nutritional Foods (Amex: GXY), a leading producer of nutritious plant-based dairy alternatives for the retail and foodservice markets announces a senior management promotion. Effective August 1, 2004, John W. Jackson, Vice President of Global Sales is promoted to Senior Vice President of Sales and remains accountable to the Chief Executive Officer, Michael E. Broll.

This promotion recognizes John's significant contributions toward helping Galaxy refine its sales and marketing strategy, dramatically improve sales efficiency and enhance customer respect.

While John maintains his leadership of our Global Sales effort, he will also join Galaxy Nutritional Foods new Executive Leadership Team along with the Chief Financial Officer, Salvatore Furnari, and Vice President of Operations, Thomas J. Perno. This team will provide continuous refinement of our long-term strategic plan, cost reduction projects and new product/category introductions.

Please join me in congratulating John Jackson on his well-deserved promotion.

About Galaxy Nutritional Foods, Inc.

Galaxy Nutritional Foods is the leading producer of great-tasting, 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: Galaxy Nutritional Foods(R), Veggie(R), Veggie Nature's Alternative to Milk(R), Veggie Slices(R), Soyco(R), Soymage(R), Wholesome Valley(R), and Lite Bakery(R). 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.

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